THE SATURDAY EVE POST

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October '89 $2.25

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G. K. Chesterton Mystery

The Great Art Heist

Reversing Heart Disease

Fight Infant Mortality

Frozen Embryo Controversy

Carroll O'Connor's Healthy Comeback

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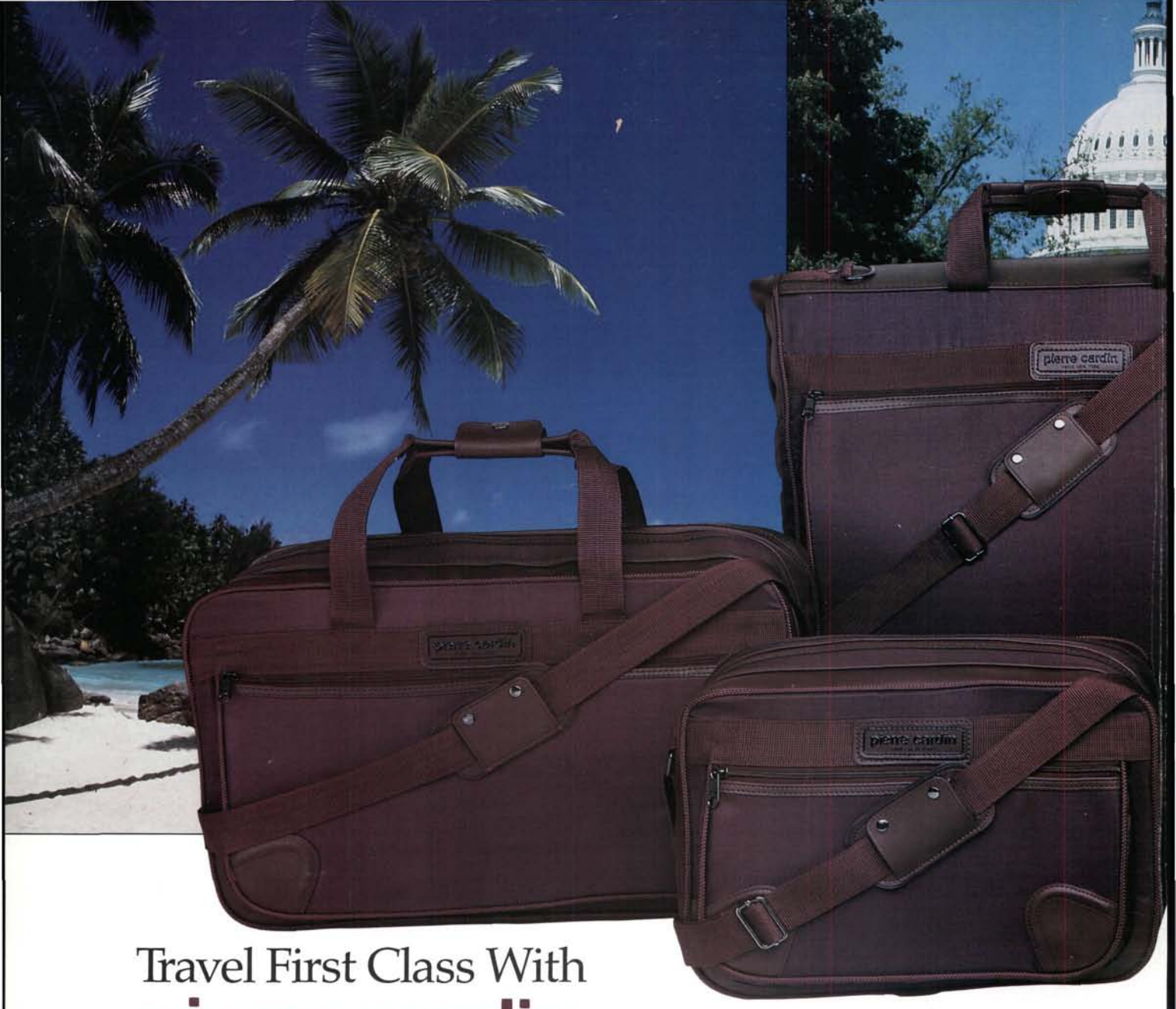

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Dolly Parton Couldn't Be Happier—with her new album or her latest movie, *Steel Magnolias*. **46**

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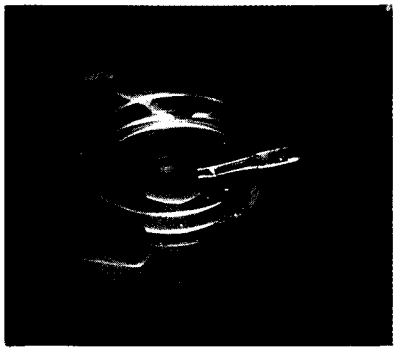
Carroll O'Connor's Bypass Surgery—has caused him to change his attitudes about his work and life. **58**



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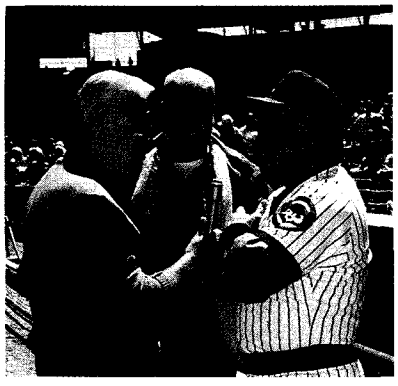

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Letters

Prime Example

Where did Margaret Thatcher come from? In a world of politics that I was beginning to think of as being personally out to trick me every time I vote, Margaret is a breath of fresh air. [See July/Aug. *Post*.]

President Reagan was notorious for avoiding public (and they say even private) church services, but Margaret is not only a churchgoer but a homespun theologian.

When half our preachers cannot bring themselves to encourage the highest morality, to take a stand, it is especially amazing to find a politician who can "assert absolute moral values." The politician has so much more to lose, since many successful politicians are seen to survive on cunning compromise.

Instead of letting watery morals seek their own lowest level, she tells us we must fight back the bad with "laws encouraging the best."

Hats off, in the old-fashioned way, to dame Margaret Thatcher!

Daniel R. Peterson
Livingston, Montana

Clean Streep

The interview in the July/August issue of the *Post* with Meryl Streep generated a question I have long wanted to ask personalities in the entertainment world who, like Ms. Streep, reap self-serving publicity through histrionics on environmental concerns, both real and contrived.

My question: Since the present entertainment world is the source of the most serious pollution of all, the corruption of the minds and bodies of American youth, and since Ms. Streep is a participating member of that world, why does she not take to the media to protest the violence and filth which permeates every aspect of her profession? Clean up your own house, Ms. Streep.

Betty Young
Calipatria, California

Neff Said

I was pleased with the way the "Justice in Milwaukee" article on the AIDS victim John Carroll was presented in the May/June issue of *The Saturday Evening Post*. The compassion used by the writer took a tragic situation and presented it as an informative

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message to persons unfamiliar with the acquiring of the AIDS virus.

I felt justice was done in awarding this bittersweet settlement because caution needs to be taken in any situation that can be harmful to an unknowing victim. In this case the victim was aware of the possible ramifications from a tainted blood product and still was unprotected.

When some Tylenol capsules were found to have cyanide present in them, there was an immediate move to remove all Tylenol from shelves available to consumers. Why, then, wasn't untested stockpiled blood product removed from shelves of the hospitals used by consumers? Obviously a deadly mistake.

Being a nurse, I see many people with terminal illnesses deteriorate both physically and emotionally after receiving the tragic news of a terminal illness. In this situation I can only respect John Carroll for his courage to take this tragedy and turn it into a positive learning experience for all who read the article. This man who felt he would be ostracized by his family and friends continues to live each day to the fullest, yet he finds an inner peace with his impending death. This can only give his family and friends their own inner peace and comfort with this tragedy. I know this to be true because I am proud to call this man my godfather and uncle.

Susan Neff
Colorado Springs, Colorado

Rinehart Remembered

I was pleasantly surprised to see a story by Mary Roberts Rinehart in your April and May '89 issues. She hasn't been forgotten after all! I have been collecting and reading stories by MRR for over 20 years, and it seems a pity she is not remembered like Agatha Christie still is. Rinehart was very successful financially at a time when women normally didn't have careers. She also was a wife and mother who expressed views that today are accepted as part of a woman's thinking and life. For example, she wrote a story of an unwed mother back in 1912, and it was published.

However, I think the amazing thing is that her books still can be read and enjoyed today, even though they were written 60 to 70 years ago. Her stories are full of comedy, mystery, murder, and love. This mind-tickling combination makes for good reading in the current times of stress and horror.

Please bring back Mary Roberts Rinehart again and even write an article about her career in writing. We need to remember our literary history, of which Mary Roberts Rinehart is a very important part.

Joyce Tapley
Toledo, Ohio

Sweet Plea

Art Buchwald's essay "A Born-again Nonsmoker" (July/August 1989) is another gem among the hundreds he has authored and amused us with. It was of special interest to me as it drew a parallel. My affliction was the pipe which was tightly clenched in my teeth as I edited a country newspaper for more than 35 years. I still miss it, and even as I now write, a dry pipe is clenched in my teeth. I did not, however, hear a boom from above. Mine came in a small sweet voice from a towheaded angel on my lap ten years ago: "Grandpa, I don't want you to die."

Warren E. Hartberg
Statesboro, Georgia

Those Were the Days

You may be amused to find out that in the late 1920s, I earned my first L. C. Smith typewriter from The Curtis Publishing Company when I was 10 or 11 years old by selling subscriptions to their publications. Aberdeen, Wisconsin, was a small town, and little kids (even girls) were safe.

If I saw a fellow weeding his garden, I would boldly enter his gate to ask if he was familiar with the *Country Gentleman* with all its information about gardening, flowers, vegetables, and even chickens in the backyard. Sold!

A lady would hear about fashions and food and stories, and I'd sell a subscription to the *Ladies' Home Journal*.

I'd enter a barbershop with the query: "How come you don't have *The Saturday Evening Post* in your stack of magazines?" "Oh, but I do; gent in the second chair waiting is reading it now!" "Mister, do you like it?" "Of course, I look for it every week when I come in." "What if someone else is already reading it?" "Uh, well . . ." "Wouldn't you like to have it delivered to your home

"I asked you not to tell them it was my birthday."

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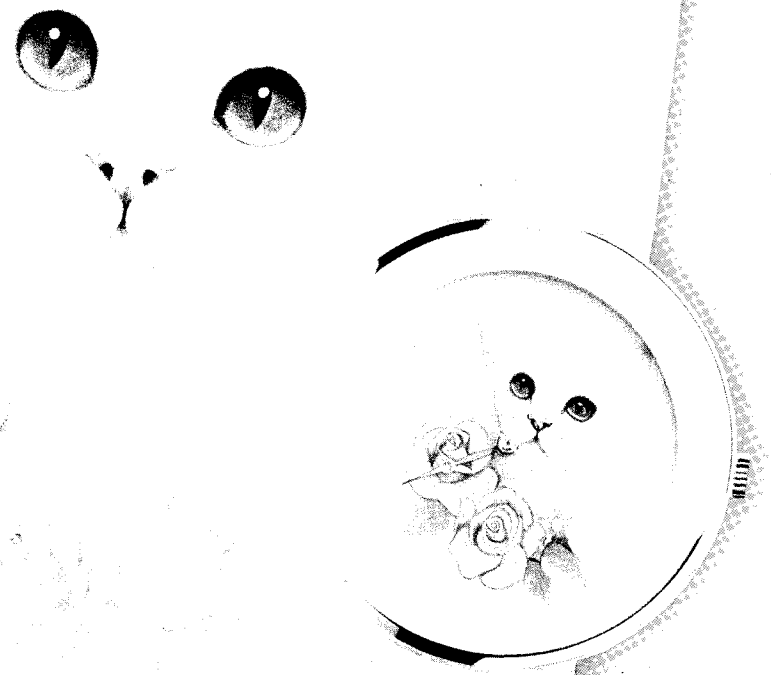

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every week? It is very reasonable. A year's subscription is only $2." I sold two subscriptions while discussing the Scattergood Baines stories.

Oh, them were the days! Today I hold my breath in apprehension when I see the ads: "Have you seen me?" with pictures of children who have vanished. Dear Dr. SerVaas, if you could find any kind of nostrum that would cure our society, you'd be gold-plated in heaven!

Helen R. Sugel
Chicago, Illinois

First A-prais-al

As a first-time reader and subscriber, I feel compelled to offer my praise for such a well-diversified, well-written publication. No other magazine I know of can cover such a wide variety of topics with insight as fresh as yours. While many forms of media edge closer and closer toward pure sensationalism, you are to be commended for keeping your feet on the ground.

Timothy W. Gordon
Wilmington, Delaware

Hand-y Way to Mix

With regard to your request for helpful kitchen tips, I would like to share the following. It is a fantastic way to mix meat loaf simpler and more thoroughly, and most importantly, it eliminates the mess!

Quite by accident one day while surveying the waiting ingredients in my mixing bowl, I happened to spot a large plastic food-storage bag on the counter just beside the bowl. An idea quickly hit me, and I slipped it over my right hand and began mixing the meat loaf, soon finding out what a breeze it was to get the job done. The result, to add to this ease in preparation, was a better-tasting meat loaf, the best I'd made! After years of the "messy" way, this method with the plastic bag is the one I always use now, and I'm sure this can be applied to many other recipes/dinner loaves where hand mixing is necessary.

I hope the above idea is worthy of publication in your magazine.

I thoroughly enjoy *The Saturday Evening Post* and find each issue to be a treasury of health and medical information. I regularly enter your name-the-photo contests; and very belatedly I thank you for selecting my entry in September 1986.

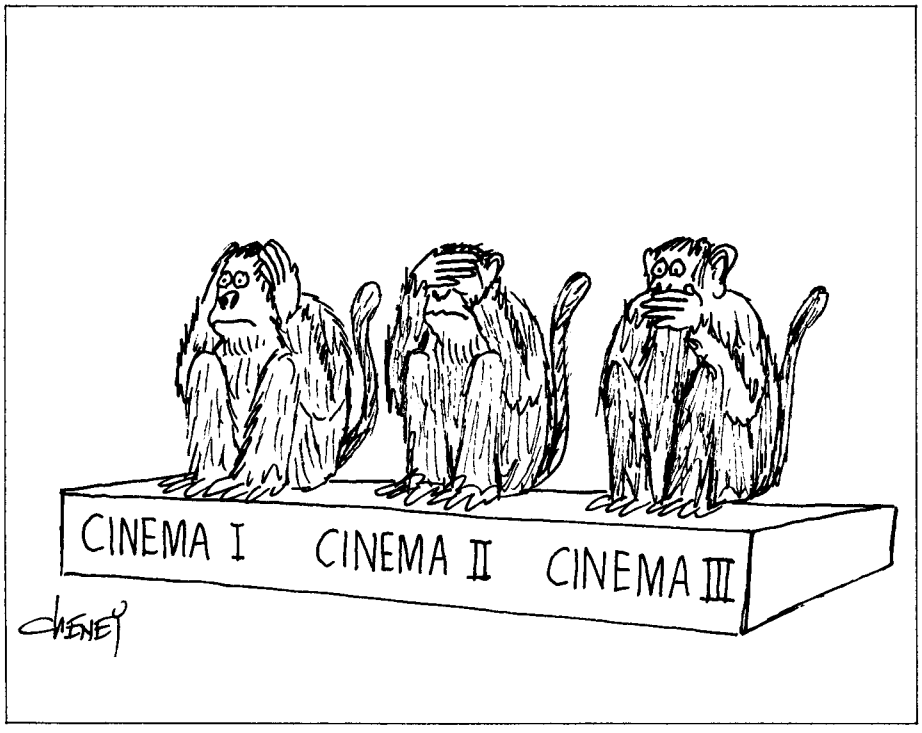
Catherine M. Darling
Stamford, Connecticut

At Full Staff

Regarding the United States flag situation at the present time, would it be possible for the *Post* to reprint an article from the July/Aug. '84 issue, "I Am the American Flag," written by Dr. Robert H. Schuller? I for one am very much concerned regarding the present issue of our flag, and I think this article would be very appropriate at this particular time.

I am or soon will be, in October, 87 years of age, and this means a lot to me.

Gladys D. Miller
Huntsville, Texas



A Hole in This One?

First, I would like to say I subscribe to *The Saturday Evening Post*. Second, I finished reading your [May/June] article "Justice in Milwaukee," in which John Carroll contracted AIDS through receiving a bad blood product at the hospital.

At this time I would like to tell you I am the same age, was in the navy at 17, World War II. In 1977, October 12, I had open-heart surgery. In May of 1979 I had blood clots in my lungs and had to receive blood plasma both times. In fact, your story is almost the same as mine. I enjoyed the story.

I went to bed and awoke later thinking about it. I thought possibly I could have the AIDS virus as the blood plasma was from Memphis and St. Louis. I mulled over the story in my mind, and then!! I found a great big hole in the story. If the jury would have stopped to think, they would have found it too. My big question is if John had the AIDS virus for a year before the doctor called him, and advised him that one donor had AIDS, why doesn't Sandy, his wife, have AIDS too? My wife and I enjoy sex about twice a week, and we have been married 39 years, June 3, 1989. I have always understood that sex is a sure way of catching the virus.

We do not have AIDS. So to satisfy my curiosity and a lot of other people's—why doesn't Sandy Carroll have AIDS?

Herman H. Hellman
Cape Girardeau, Missouri

Editor's note: It sometimes takes a very long time for the antibodies to show up in the blood of someone who has been infected with AIDS. Unfortunately, this can mean that the virus is in the blood but the person doesn't yet test positive.

Quite understandably, this is a problem at the blood banks because they screen with an antibody test. This is why we urge people to either have their own blood recycled during surgery or predonate their own blood before surgery if at all possible.

We're forwarding your letter to Mrs. Carroll. Thank you.

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THE SATURDAY EVENING POST

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Armand Hammer Replies

I recently read your article in the April '89 issue of *The Saturday Evening Post* "A Philanthropist Against Cancer" concerning my goal of finding a cure for cancer. I appreciate your mentioning my work in the effort against cancer, but I would like to clear up a point or two.

I fully recognize the importance of cancer prevention. Indeed, in the seven years since I have been chairman of the President's Cancer Panel, the funds expended in the field of cancer prevention by the National Cancer Institute have increased dramatically. A major part of the cancer prevention effort involves convincing the public to stop smoking, as you are aware, as well as increasing education in better nutrition. Both of these efforts have been strongly supported by the National Cancer Institute and the American Cancer Society. I applaud and encourage these efforts, but prefer to put my own emphasis on the field of immunotherapy, or using the body's own defense system to defeat cancer. I believe scientists are on the brink of a breakthrough in the area of adoptive immunotherapy. I want to push this research forward as quickly as possible. It is to this end my STOP CANCER campaign was established, and I believe I can have the most beneficial impact by concentrating on one very important area rather than scattering resources among a number of areas. Ultimately, we may or may not be able to convince people to stop smoking and to improve their diets radically. In an open society such as ours, this is the individual's choice. If, however, we find a really effective way of using the body's own defenses to destroy cancers, I do not believe we will have a great deal of difficulty in convincing patients to undergo such treatment once they have been diagnosed as having cancer.

I also appreciate your mentioning Dr. Einhorn of Indiana University. He is a very dedicated scientist who is doing extremely good research, and of course will receive consideration for the Hammer Cancer Prize, along with others in the field who have been making progress against various types of cancer. However, my $1 million prize (as compared to the $100,000 Hammer Cancer Prize for advances in cancer research) was meant for a cure for all types of cancer, not just one, and so I regret Dr. Einhorn's work does not qualify in this category.

Armand Hammer
Los Angeles, California

Bittersweet Effects

This is in response to an letter regarding NutraSweet that was published in the March 1989 edition of *The Saturday Evening Post*.

My husband (age 35) has hypoglycemia and cannot have sugar. Fortunately for my husband, and others like him with this problem, NutraSweet has been a godsend. He has always had a sweet tooth and is now able to eat candy bars, cookies, cakes, chewing gum, and have many other enjoyable treats.

Although it's been great for my husband, our son (age three) cannot tolerate NutraSweet. Every time he has some, he gets diarrhea. It took us a long time (and many trips to the doctor) to figure out what was causing his problem. We finally started keeping track of what he was eating. It was only after the elimination of NutraSweet that his diarrhea went away. We have since taught him to look for the "pinwheel" on pop bottles and other foods. He knows if it's there, he cannot have it.

Please let others know that headaches are not the only side effects of NutraSweet.

Pam LeMieux
Tacoma, Washington

All Roads Lead to Rome?

Where do *you* think you are?

Not in Kentucky, but in New York! I'm referring to your September issue, page 108, in the feature "Where do you think you are?"

For Number 5, in which "Rome" is prominently displayed, the answer given is "KY" but is, in fact, "NY."

As a loyal and enthusiastic subscriber of *The Saturday Evening Post*, I thought this should be brought to your attention.

Alfred C. Strode
San Diego, California

Editor's note: You are so right, Mr. Strode. Our checking department obviously took some sort of detour on that map.

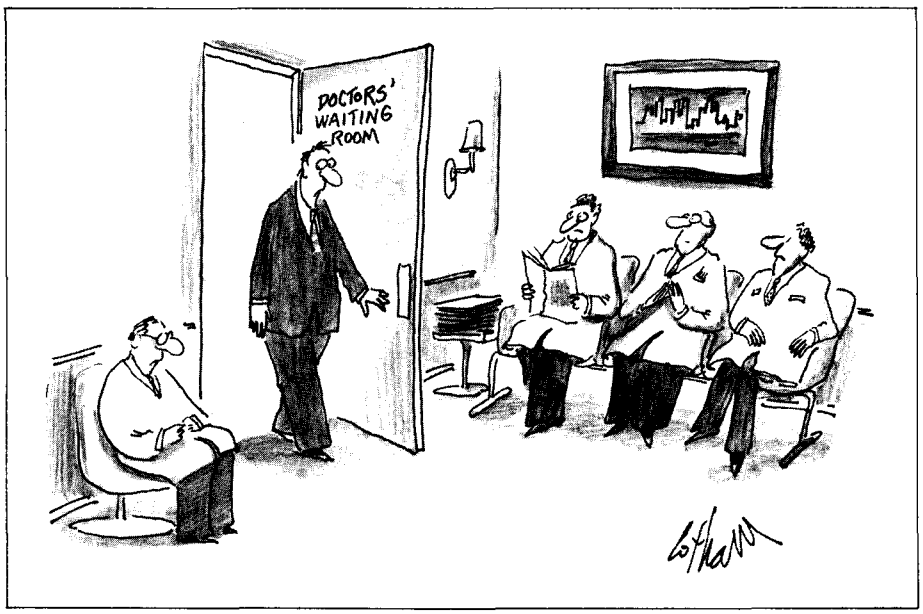
Approach Buss with Caution

In Richard Montagna's [July/Aug. '89] article on HTLV-I, he says that the virus can be transmitted by body fluids and lists some examples.

It seems rather important that in your next issue you mention the method he didn't mention and therefore left unclear—kissing. Everyone will want to know the answer to that. They say AIDS isn't transmitted by kissing, but is HTLV-I?

Paul Benson
Boston, Massachusetts

Editor's note: Because not all the facts about transmission of HTLV-I are known, including the role of kissing, we advise caution. We do know that toothbrushes can cause gums to bleed, providing an avenue for entry of the HTLV-I virus. A herpes outbreak on the lips or inside the mouth might also help transmit the virus.



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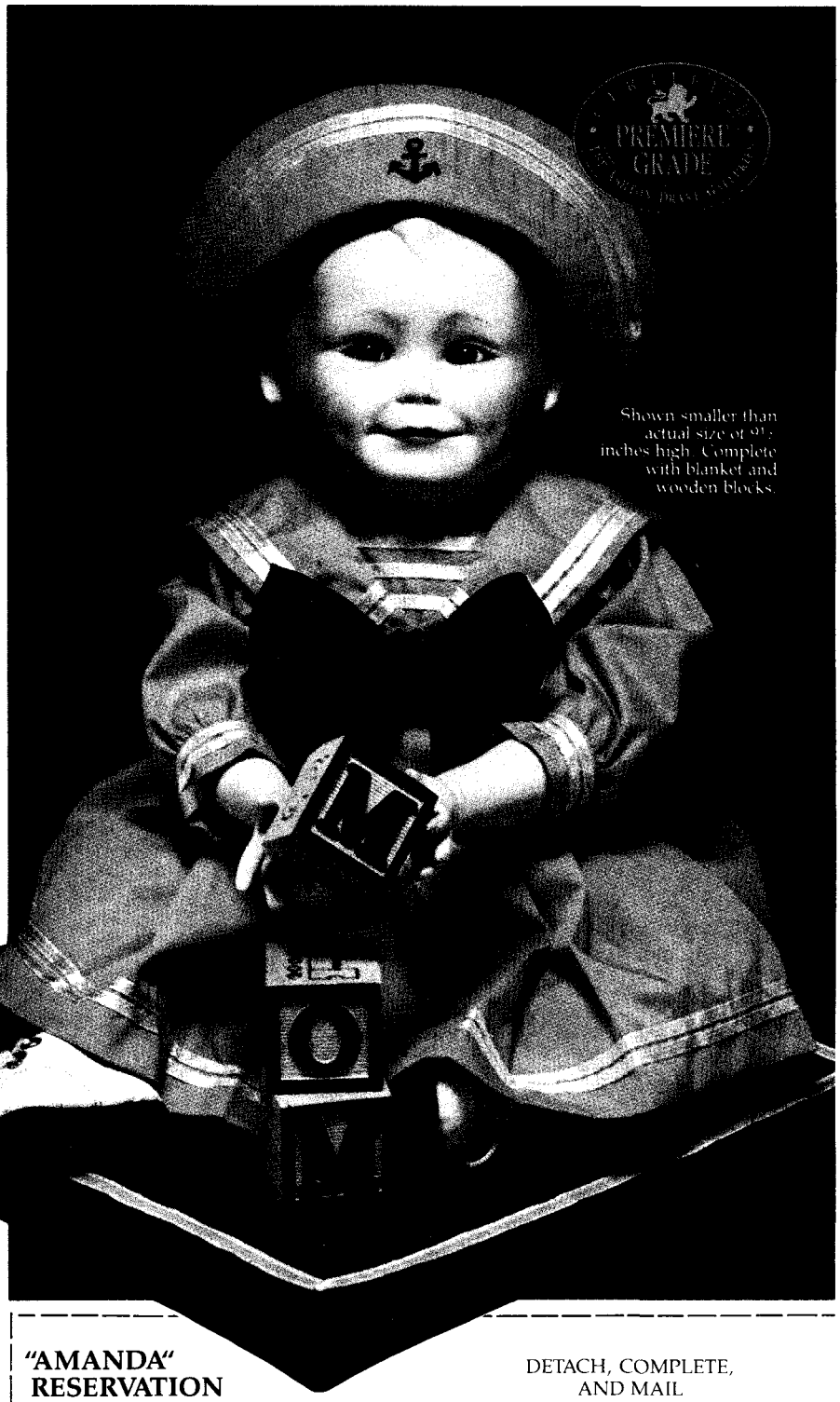
THE ASHTON-DRAKE GALLERIES

Introducing a picture-perfect baby with a message of love all her own---

"Amanda"

A Premiere Grade doll handcrafted of fine bisque porcelain



Shown smaller than actual size of 9½ inches high. Complete with blanket and wooden blocks.

From the dimples in her pink cheeks to the sparkle in her china-blue eyes, "Amanda" is the picture of an adored baby girl. Today is Mommy's birthday, and "Amanda" has spelled out quite a surprise for her... with a little help from Dad, of course.

The new baby girl in *Yolanda's Picture-Perfect Babies* collection by Yolanda Bello, "Amanda" captures forever the moment when a baby begins to return the love her parents have lavished on her. Produced to the exacting standards of the Edwin M. Knowles China Company, "Amanda" represents the centuries-old tradition of classic character dolls – dolls so treasured, many become heirloom collectibles cherished for generations.

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An Ashton-Drake Galleries Exclusive

"Amanda" can be yours to cherish for only $63.00. But act promptly...this extraordinary doll is issued in a limited edition to close permanently in 1989. Each doll is individually hand-numbered and comes with a matching numbered Certificate of Authenticity.

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October 31, 1989

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I understand that I need SEND NO MONEY NOW. I will pay for "Amanda" in three convenient monthly installments of $21.00* each, the first being billed before shipment of the doll.

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HEARTBEAT

The Healthy Heart Report

FILL UP ON COMPLEX CARBOHYDRATES

Whole grains, legumes, vegetables, and fruits are the foods that can help your heart.

by Glen C. Griffin, M.D., and William P. Castelli, M.D.

Apples, apples, apples. Apricots, bananas, mangoes, melons, peaches, pears, prunes, raisins, potatoes, yams, corn, rice, wheat, beans, and many other vegetables, fruits, grains, and legumes contain a large number of complex carbohydrates.

These are the good guys.

When you start eating less bad fat, you may lose some weight unless you make a conscious effort to eat more of other kinds of food. If you need and want to lose weight, great! If you don't, be sure to fill up on complex carbohydrates.

You can lose weight and feel better on a decreased intake of saturated fat, but be certain to keep your energy level up with a good balance of vegetables, fruits and legumes.

If you are about the right weight—or once you get to the weight you want to be—go ahead and fill up on complex carbohydrates.

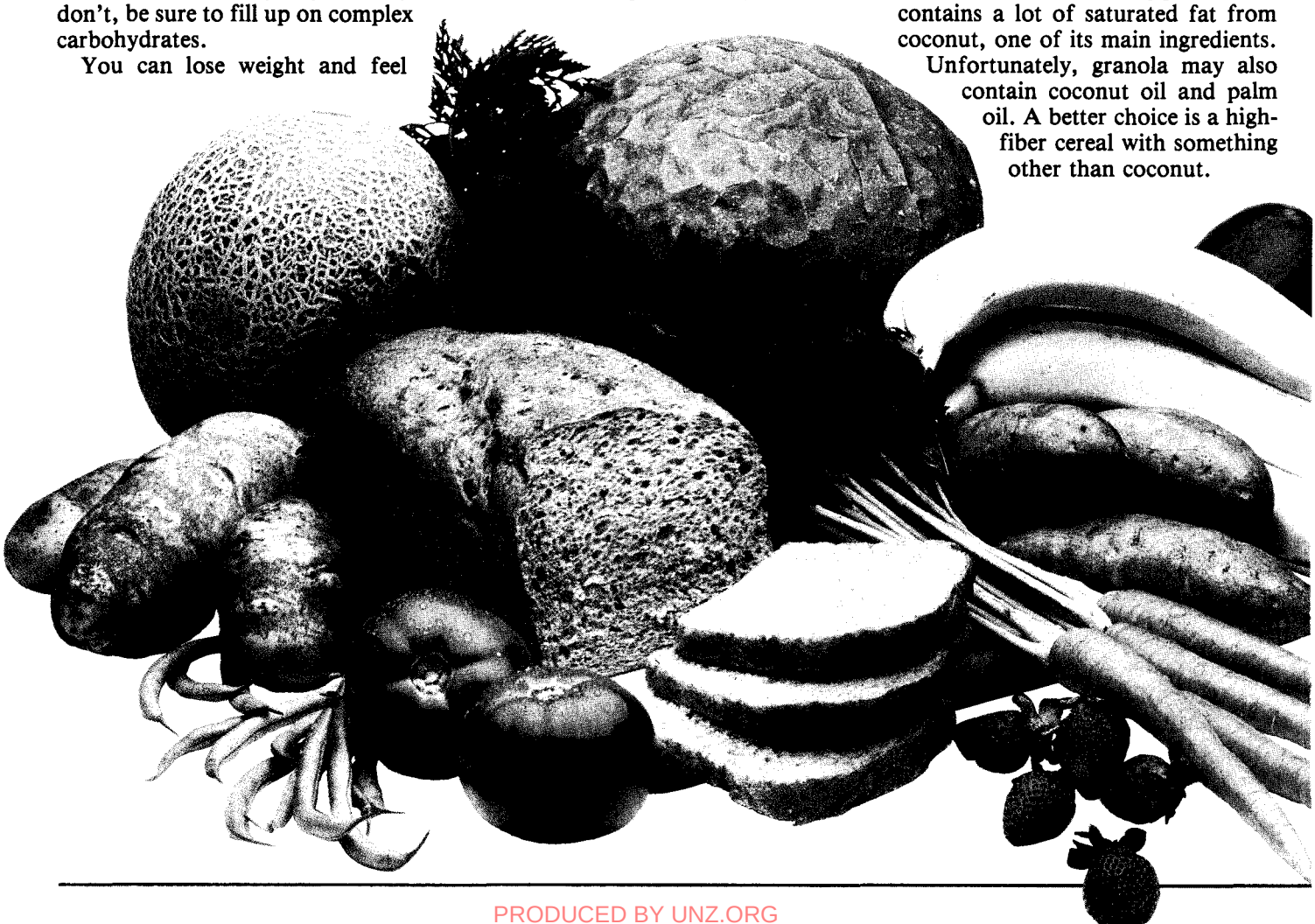
By complex carbohydrates we mean foods like those listed above. These have various carbohydrate chains rather than simple sugars.

Don't fill up on candy or other straight sugar sweets. When they are eaten in great excess, these simple carbohydrates may actually raise your LDL cholesterol and triglyceride levels. This is exactly what you don't want to happen.

Many of the good, wholesome, basic high-fiber grains and legumes are high in complex carbohydrates.

Granola is a very popular breakfast cereal. Because it contains grains, many people think of it as a health food. But as healthful as granola is thought to be, it has a big problem. It contains a lot of saturated fat from coconut, one of its main ingredients.

Unfortunately, granola may also contain coconut oil and palm oil. A better choice is a high-fiber cereal with something other than coconut.



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Oats Help Reduce Cholesterol

Oats are particularly helpful in reducing total cholesterol levels and the unwanted low-density lipoprotein (LDL) cholesterol levels. Additionally, oats either reduce or do not affect HDL cholesterol levels. Some people call oats the miracle food because of the role it can play in reducing cholesterol levels.

So if you are in any way concerned about cholesterol, or have high triglycerides, eat a sizable serving of oatmeal or another oat cereal every morning. Or eat the same amount of oats in other things, such as low-fat oatmeal cookies or oat-bran muffins. Instead of serving oatmeal with regular milk or cream, use nonfat skim milk. Try other combinations of oatmeal with equal parts of applesauce. Or cut up fresh fruit with sweetener added to taste. (Raisins make an excellent sweetener for oatmeal.) Another variation is to pour maple syrup on the oatmeal or serve it with jam or preserves. Two other ways to serve oatmeal without milk are with sugar and sprinkled with grated orange rind or cinnamon.

Eating such whole-grain cereals as oats and wheat used to be a standard good old-fashioned breakfast. Somehow many people got away from this very healthful habit. Let's face it, the aroma of bacon and eggs cooking is enticing—and along with biscuits and butter, they taste wonderful. But they are loaded with saturated fat and cholesterol—particularly egg yolks. When folks started choosing bacon or sausage and eggs instead of old-fashioned rolled oats, the cholesterol problem really started picking up steam.

The big hurry people are in, the availability of cold cereals, and the impression that it takes a long time for oatmeal to cook are also reasons why oatmeal's popularity waned. Fortunately, today many people are getting the word and are going back to eating oats for breakfast. But the tide has just begun to turn—and not nearly fast enough.

Oats are a very good source of protein, but interest has focused lately on the fact that oat fibers help to lower the bad LDL cholesterol levels and raise the good HDL cholesterol levels.

Oats manufacturers have microwave and stove-top instructions on their boxes. Add raisins or other fruit before cooking. Sprinkle some of your favorite seven-grain cereal on top of your oats for flavor and crunch.

Concoct whatever combination you want—as long as you get the oats—and don't ruin everything by putting cream or butter on the top.

Oatmeal costs only a few cents—far less than you'd pay for an egg on a muffin.

All oats are not the same. It's not hard to figure out. Oats start out with a tough outer husk that is scoured off. Then the oats are partially cooked with steam and crushed in a roller, so they are called rolled oats.

If rolled oats are chopped, sliced, or cut up so the cereal cooks faster, they are called one-minute or quick oats. Rolled and quick oats are packaged without additives. Both rolled oats and quick oats contain oat bran. You can buy oat bran as a flour made from the outer seed casing or bran of the whole-grain oat. It can be cooked as a cereal or incorporated as an ingredient in many recipes.

Some "instant oats," especially individual-serving packages, may contain added oils—frequently coconut, palm, or palm-kernel oil, plus salt and extra vitamins. You don't want any of these oils because they have the highest saturated fat content of all the oils. Some instant oatmeals contain almost a gram of saturated fat per serving.

It's back to reading labels. Be sure your oats are just plain—without coconut oil.

Oat-based cereals without added fats are excellent choices if you want to enjoy the benefits of oats without cooking. Here again, read the labels to make sure the oil used in manufacturing is not coconut, palm, or palm-kernel oil.

Other Complex Carbohydrates

Other complex carbohydrates include wheat, rice, beans, peas, other legumes, and grains. These complex-carbohydrate foods contain essential proteins. These are the foods that sustain millions of people throughout the world who eat little or no meat or other saturated fats.

Eating other high-fiber complex carbohydrates helps to lower cholesterol levels, as does eating oatmeal. So it also helps to eat such high-fiber complex carbohydrates as beans, split peas, or other legumes. Many people not accustomed to eating legumes every day may find these dishes enjoyable as well as healthful.

Fruit is a great group of complex carbohydrates. Unfortunately, candy bars and other such snacks that contain a lot of saturated fat have taken the place of fresh fruit as treats for many children and adults.

Imagine you were a director of a large advertising agency and someone offered plenty of money wanting you to create a series of radio or TV commercials for an *apple*—not the computer, the fruit!

With a little thought and imagination, you could create a fantastic commercial—because the product is so perfect. Think about it—a self-contained, crunchy, delicious snack. The trouble is, kids don't know this—and many grownups have forgotten.

Can you imagine what you could do with enough resources to create a commercial for oranges, pears, bananas, strawberries, and other fruits? When you really think about it, fresh fruits are more appealing than candy or almost any snack or fast food.

After a distinguished doctor's talk about reducing the fat intake for children to prevent coronary-artery disease, someone asked the question:

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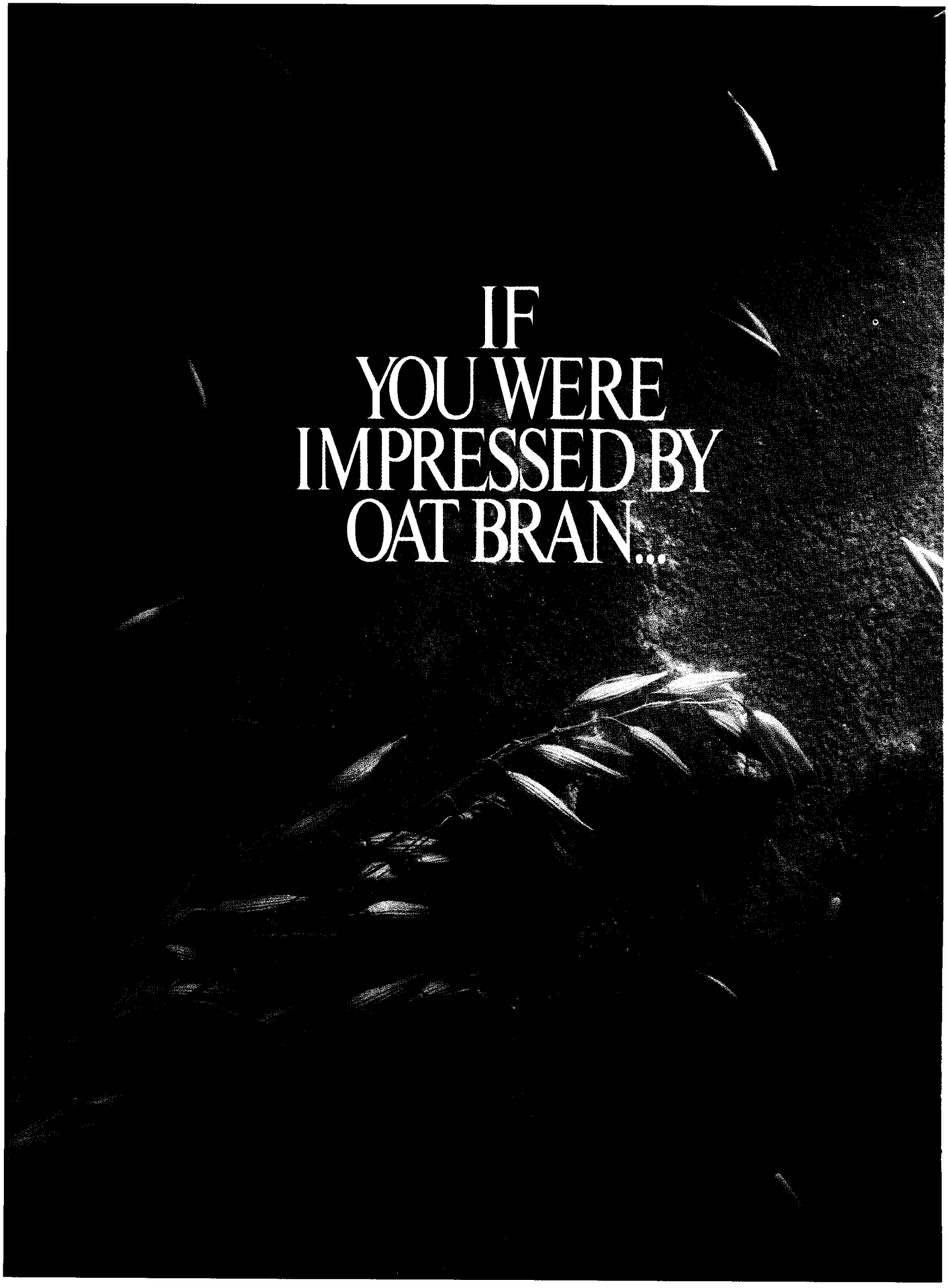

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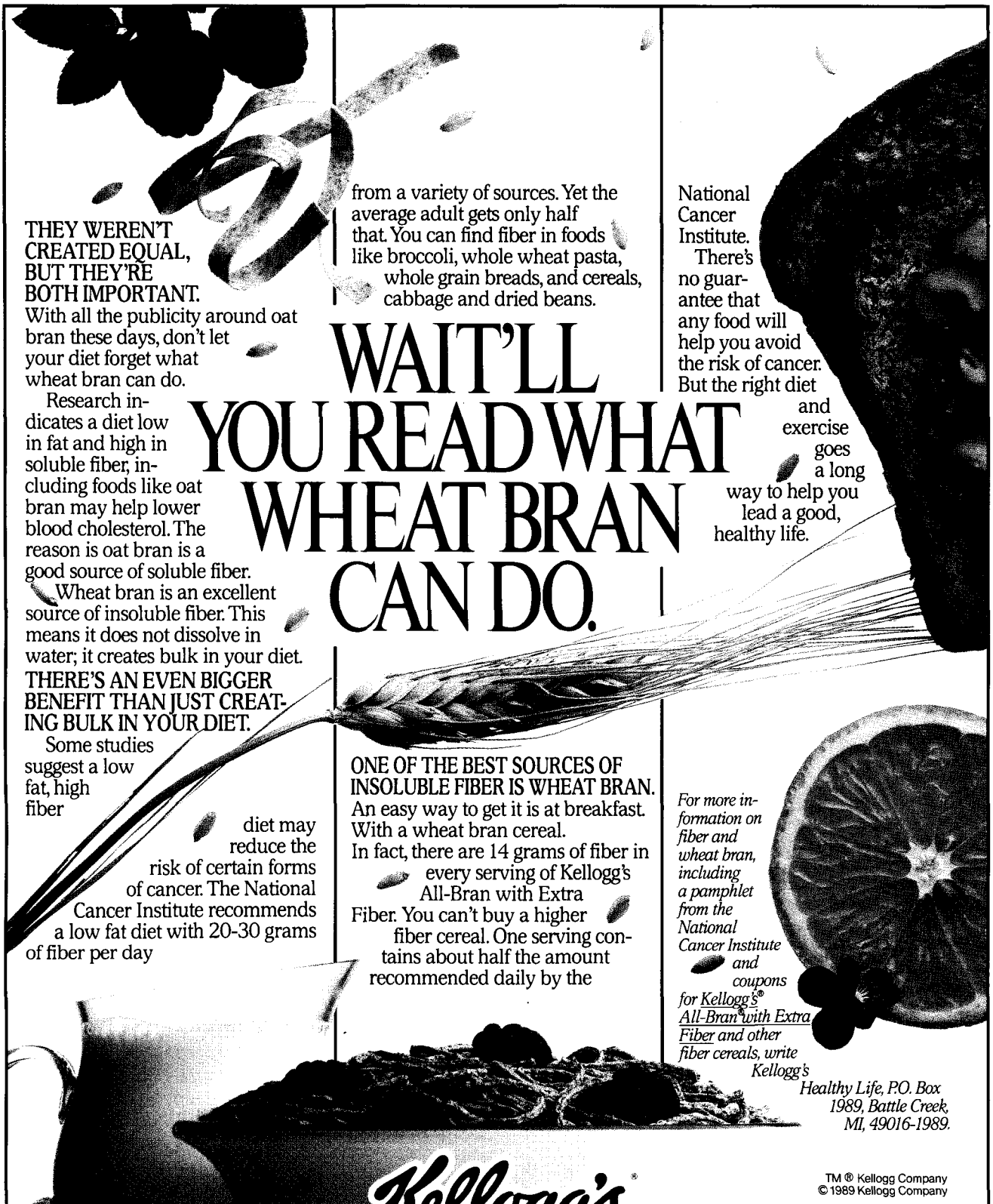

WAIT'LL YOU READ WHAT WHEAT BRAN CAN DO.

THEY WEREN'T CREATED EQUAL, BUT THEY'RE BOTH IMPORTANT.

With all the publicity around oat bran these days, don't let your diet forget what wheat bran can do.

Research indicates a diet low in fat and high in soluble fiber, including foods like oat bran may help lower blood cholesterol. The reason is oat bran is a good source of soluble fiber.

Wheat bran is an excellent source of insoluble fiber. This means it does not dissolve in water; it creates bulk in your diet.

THERE'S AN EVEN BIGGER BENEFIT THAN JUST CREATING BULK IN YOUR DIET.

Some studies suggest a low fat, high fiber diet may reduce the risk of certain forms of cancer. The National Cancer Institute recommends a low fat diet with 20-30 grams of fiber per day from a variety of sources. Yet the average adult gets only half that. You can find fiber in foods like broccoli, whole wheat pasta, whole grain breads, and cereals, cabbage and dried beans.

ONE OF THE BEST SOURCES OF INSOLUBLE FIBER IS WHEAT BRAN.

An easy way to get it is at breakfast. With a wheat bran cereal. In fact, there are 14 grams of fiber in every serving of Kellogg's All-Bran with Extra Fiber. You can't buy a higher fiber cereal. One serving contains about half the amount recommended daily by the National Cancer Institute.

There's no guarantee that any food will help you avoid the risk of cancer. But the right diet and exercise goes a long way to help you lead a good, healthy life.

For more information on fiber and wheat bran, including a pamphlet from the National Cancer Institute and coupons for Kellogg's® All-Bran® with Extra Fiber and other fiber cereals, write Kellogg's Healthy Life, P.O. Box 1989, Battle Creek, MI, 49016-1989.

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GET A TASTE FOR THE HEALTHY LIFE.™

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HEARTBEAT

Dietary Fiber Content of Selected Foods*

Food	Serving	Calories	Dietary Fiber g
Breakfast cereals			
All-Bran	⅓ cup	71	8.5
Bran Buds	⅓ cup	73	7.9
Bran Chex	⅔ cup	91	4.6
Corn Bran	⅔ cup	98	5.4
40% Bran-type	¾ cup	93	4.0
Raisin Bran-type	¾ cup	115	4.0
Shredded wheat	⅔ cup	102	2.6
Oatmeal, regular, quick, and instant, cooked	¾ cup	108	1.6
Cornflakes	1¼ cup	110	0.3
Legumes			
Baked beans	½ cup	155	8.8
Dried peas, cooked	½ cup	115	4.7
Kidney beans, cooked	½ cup	110	7.3
Lima beans, cooked	½ cup	64	4.5
Lentils, cooked	½ cup	97	3.7
Navy beans, cooked	½ cup	112	6.0
Fruits			
Apple (with skin)	1 medium	81	3.5
Banana	1 medium	105	2.4
Cantaloupe	¼ melon	30	1.0
Cherries, sweet	10	49	1.2
Peach (with skin)	1	37	1.9
Pear (with skin)	½ large	61	3.1
Prunes	3	60	3.0
Raisins	¼ cup	106	3.1
Raspberries	½ cup	35	3.1
Strawberries	1 cup	45	3.0
Orange	1 medium	62	2.6
Vegetables, cooked			
Asparagus, cut	½ cup	15	1.0
Beans, string, green	½ cup	16	1.6
Broccoli	½ cup	20	2.2
Brussels sprouts	½ cup	28	2.3
Parsnips	½ cup	51	2.7
Potato (with skin)	1 medium	106	2.5
Spinach	½ cup	21	2.1
Sweet potato	½ medium	80	1.7
Turnip	½ cup	17	1.6
Zucchini	½ cup	11	1.8
Vegetables, raw			
Celery, diced	½ cup	10	1.1
Cucumber	½ cup	8	0.4
Lettuce, sliced	1 cup	10	0.9
Mushrooms, sliced	½ cup	10	1.5
Tomato	1 medium	20	1.5
Spinach	1 cup	8	1.2
Breads, pastas, and flours			
Bagels	1 bagel	145	0.6
Bran muffins	1 muffin	104	2.5
French bread	1 slice	102	0.7
Oatmeal bread	1 slice	63	0.5
Pumpernickel bread	1 slice	66	1.0
Whole-wheat bread	1 slice	61	1.4
Rice, brown, cooked	½ cup	97	1.0
Spaghetti, cooked	½ cup	155	1.1
Nuts and seeds			
Almonds	10 nuts	79	1.1
Peanuts	10 nuts	105	1.4
Filberts	10 nuts	54	0.8
Popcorn, popped	1 cup	54	1.0

**The data are from* Fiber Facts. *Chicago, Ill: The American Dietetic Association; 1986.*

"Which are the best fast foods for kids—McDonald's, Wendy's, Burger King's, or Arby's?"

Unfortunately, the speaker really missed the boat. What a perfect opportunity to answer, "Apples, bananas, oranges, grapes, pears!" But he didn't.

These and other high-fiber, complex-carbohydrate fruits help prevent the plugging of coronary arteries with fat. But high-fiber foods also help digestion. When these fruits and raisins, prunes, or figs are eaten wisely, such problems as constipation may disappear, and the risk of cancer of the colon decreases.

Fruits, legumes, vegetables, and grains rich in high fiber and complex carbohydrates can provide multiple benefits. These are the *real* natural health foods.

Black-Bean Salad

(Makes 4 servings)

2 tablespoons wine vinegar
2 tablespoons olive oil
1 tablespoon chopped cilantro
1 cup cooked and drained black beans
3 green onions, chopped
½ green bell pepper, chopped
2 celery stalks, chopped
¼ cup sliced green olives
3 tablespoons chopped pimientos

In salad bowl, mix vinegar, oil, and cilantro. Add remaining ingredients. Stir to combine. Chill before serving.

Chili Barley with Turkey

(Makes 6 servings)

½ cup barley
1½ cups fat-free broth
1 cup chopped, skinned, cooked turkey
1 cup chopped broccoli
1 green onion, chopped
1 teaspoon Tabasco sauce
½ cup ricotta cheese
½ cup nonfat plain yogurt
½ teaspoon dried leaf oregano
½ teaspoon dried leaf basil
1 tablespoon chopped fresh parsley
1 tablespoon chopped pimiento
½ cup fresh-frozen or fresh green peas
Salt and pepper, if desired

continued on page 110

Dietary fiber can help fight heart disease. Cereals and legumes (beans of all kinds) are highest in fiber. Next come fruits and cooked vegetables.

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Now Estee® serves up a whole new world of satisfying flavor.

Did someone say a salad is a salad is a salad?

Chances are they haven't plunged a fork into a salad topped with dressing from today's Estee.

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Imagine. Ten scrumptious choices in all.

And because they're from Estee, you know every one is reduced in calories . . . low in sodium . . . low in cholesterol . . . oil- and sucrose-free.

Why let the diet that you know is good for you get you down?

With salad dressings from today's Estee, all you have to do for flavor and variety is unscrew the top . . . and pour it on!

What's more, Estee has also improved the taste of our most popular cookies, confections, jellies and preserves. Look for them all in the diet section of your store.

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FOOD

POUR SALT-FREE FRESHNESS ON SALADS

Delicious homemade dressings can help you avoid high sodium.

by Jeanne Paulson Day

A salad is only as good as its dressing, and the best dressings are made from scratch using fresh herbs, oils, and vinegars. You don't have to go to the Cordon Bleu to make great dressings. The basic rules are simple: Start with red- or white-wine vinegar, some low-cholesterol oil, and a bit of fresh garlic. Then add your favorite fresh herb, or a combination of herbs. Dried herbs can also be used, but fresh are preferred.

To sweeten a dressing, add a touch of brown sugar or a few drops of honey. Sweet vermouth or sherry in small amounts may also be used, but never use cooking wines, because they are high in salt. Onions also impart sweetness to dressings. Yellow onions are strongest in flavor. Spanish are milder. Red or Italian onions are particularly sweet.

For a fruity sweetness, add fresh-squeezed orange or tangerine. For a sour effect, use lime or lemon. Increase vinegar for extra bite.

By making your own dressings, you can achieve just the flavor you like. Your salads will always taste fresh, and best of all, you will avoid the salt found in most processed dressings.

The following recipes illustrate the many flavors you can achieve by using various fresh herbs. A single batch of each can serve many salads, and you don't have to worry about how much you pour on.

Sunshine-Orange Poppy Seed Dressing

(Makes about ⅔ cup)

This tangy-sweet dressing is great on fresh fruit salads.

½ cup prepared orange juice from concentrate
2 tablespoons white-wine vinegar
⅓ cup peanut oil
1 teaspoon grated orange peel
2 tablespoons finely chopped chives
1 tablespoon bruised and finely chopped nasturtium leaves, if desired
1 teaspoon poppy seed
Pinch of red pepper flakes

Combine orange juice and vinegar. Slowly add oil and blend. Add remaining ingredients and mix well. Pour into container with lid. Shake well before use. Allow to stand in refrigerator at least 30 minutes before use to allow flavors to blend. Shake well before use. Refrigerate.

Salad Seasoning Blend

Sprinkle over greens, sliced tomato, cold vegetables, cottage cheese, etc.

⅓ cup toasted sesame seed (see below)*
4½ tablespoons onion powder
2 tablespoons poppy seed
1½ tablespoons garlic powder
1½ tablespoons paprika
¾ teaspoon celery seed
¼ teaspoon ground black pepper

Combine sesame seed, onion powder, poppy seed, garlic powder, paprika, celery seed, and pepper. Spoon into shaker or tightly covered container.

**To toast sesame seed, place in skillet; cook and stir over medium heat until golden, 3-5 minutes.*

Sweet Basil Salad Dressing

(Makes 1 cup)

This light, versatile dressing is perfect on crisp, green salads.

1½ tablespoons fresh lemon juice
¼ cup red-wine vinegar
½ cup olive oil
½ cup minced red onion
2 cloves garlic, crushed
2 tablespoons bruised and chopped fresh basil
¼ teaspoon black pepper
Pinch of red pepper flakes

Add lemon juice to vinegar. Mix well. Slowly add olive oil and blend. Add onion, garlic, basil, pepper, and pepper flakes. Mix ingredients well.

Pour into container with lid. Shake well before use. Allow to stand at least 30 minutes before use to allow flavors to blend. Refrigerate after use. Allow to stand at room temperature before using again.

Garden Sorrel-Mustard Dressing

(Makes 1 cup)

Enjoy this unique dressing on your favorite fresh vegetable or seafood salad.

1½ teaspoons dry mustard
¼ cup white-wine vinegar
½ cup olive oil
⅓ cup finely chopped sorrel leaves
1 tablespoon chives
Pinch of black pepper
1 clove garlic, crushed

Add dry mustard to vinegar and mix well. Slowly add olive oil and blend. Add sorrel, chives, pepper, and garlic, and mix thoroughly.

Pour into container with lid. Allow to stand at room temperature at least 30 minutes before using to allow

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...kay, more and more health-...nscious people are reducing their ...t intake. But just because you give ...p the salt doesn't mean you have ...give up the flavor. Vegit is the tasty, ...mpletely natural, very low-sodium ...rnative.

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... VEGIT, P.O. Box 09398, Milwaukee, WI 53209.

flavors to blend. Shake well before use. Refrigerate.

Little Dragon Dressing
(Makes ¾ cup)

Tarragon, or Dracunculus, *meaning little dragon, is appropriately named because its long leaves have the shape of a little dragon's tongue. Enjoy this dressing on your favorite salad.*

2 Italian plum tomatoes, chopped
2 tablespoons chopped fresh tarragon
⅛ cup lemon juice
2 tablespoons white-wine vinegar
⅓ cup olive oil
1 clove garlic, crushed
Pinch of red pepper flakes

Place all ingredients in food processor or blender. Process until just blended. Pour dressing into small jar with tight-fitting lid. Shake well before use. Refrigerate.

Scandinavian Dill Dressing
(Makes 1 cup)

This versatile dressing complements any fresh fruit or vegetable salad.

½ cup low-fat, low-salt sour cream
¼ cup low-fat, low-salt plain yogurt
¼ cup skim milk (add more milk for thinner consistency)
1 clove garlic, crushed
⅛ cup minced white onions, if desired
2 tablespoons finely chopped dill

Blend sour cream, yogurt, and milk together. Add garlic and onions, and mix well. Mix dill into ingredients until well-blended. Refrigerate at least 30 minutes before use. Refrigerate after use.

Zesty Mustard Dressing
(Makes 1 cup)

Enjoy this interesting and versatile dressing on both vegetable and fruit salads.

½ teaspoon unsalted prepared Dijon mustard
¼ cup red-wine vinegar
⅓ cup olive oil
½ small red onion, minced
⅓ cup finely chopped arugula
Pinch of black pepper

Combine mustard and vinegar. Mix well. Slowly add olive oil to mixture and blend. Add remaining ingredients and mix well. Pour into container with lid. Allow to stand at room temperature at least 30 minutes before using to allow flavors to blend. Shake well before use. Refrigerate.

Delicate Almond Delight
(Makes about ⅔ cup)

Enjoy this white-wine and hint-of-almond dressing on crisp green salads, as well as seafood salads.

¼ cup finely chopped unsalted almonds
2½ tablespoons peanut oil
2 teaspoons dry white wine
2 teaspoons red-wine vinegar
2 tablespoons lemon juice
2 teaspoons lime juice
2 tablespoons minced white onion
3 tablespoons fresh dill
Pinch of black pepper

In frying pan over low heat, sauté almonds in peanut oil. Allow to cool until oil is at room temperature. Mix wine, vinegar, lemon juice, and lime juice. Slowly add peanut oil and almonds, and blend well. Add remaining ingredients and mix well.

Pour into container with lid. Allow

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to stand in refrigerator at least 30 minutes before using to allow flavors to blend. Shake well before use. Refrigerate.

Sesame and Herb Seasoning Blend
(Makes 6 tablespoons)

Try this excellent seasoning for fish, chicken, and vegetables.

2 tablespoons toasted sesame seeds
2 tablespoons crushed basil leaves
2½ teaspoons onion powder
2 teaspoons crushed tarragon leaves
1½ teaspoons ground black pepper
1 teaspoon garlic powder
¼ teaspoon celery seeds

In small jar with a cover combine sesame, basil, onion, tarragon, black pepper, garlic, and celery seeds.

Garden-Fresh Yogurt Dressing
(Makes about 1 cup)

Enjoy this refreshing and nutritious dressing on your favorite green salad.

½ cucumber, peeled and grated
½ cup plain low-fat yogurt
Pinch of black pepper
1½ cloves garlic, crushed
Pinch of sugar, if desired
⅛ cup bruised and finely chopped mint leaves
⅛ cup bruised and finely chopped parsley

Place grated cucumber in palm of hand and squeeze water from it. Place cucumber, yogurt, pepper, garlic, and sugar in food processor, and pulse 30 seconds. Add mint and parsley and blend well. Chill well before use. Refrigerate.

A Taste of the Orient
(Makes about 1 cup)

This fresh, tasty dressing is especially appetizing with chicken salad.

⅓ cup white-wine vinegar
1 teaspoon water
½ cup olive oil
2 cloves garlic, crushed
2 tablespoons bruised and finely chopped fresh cilantro
1 teaspoon peeled and minced fresh ginger
1 teaspoon sesame seed
Pinch of red pepper flakes

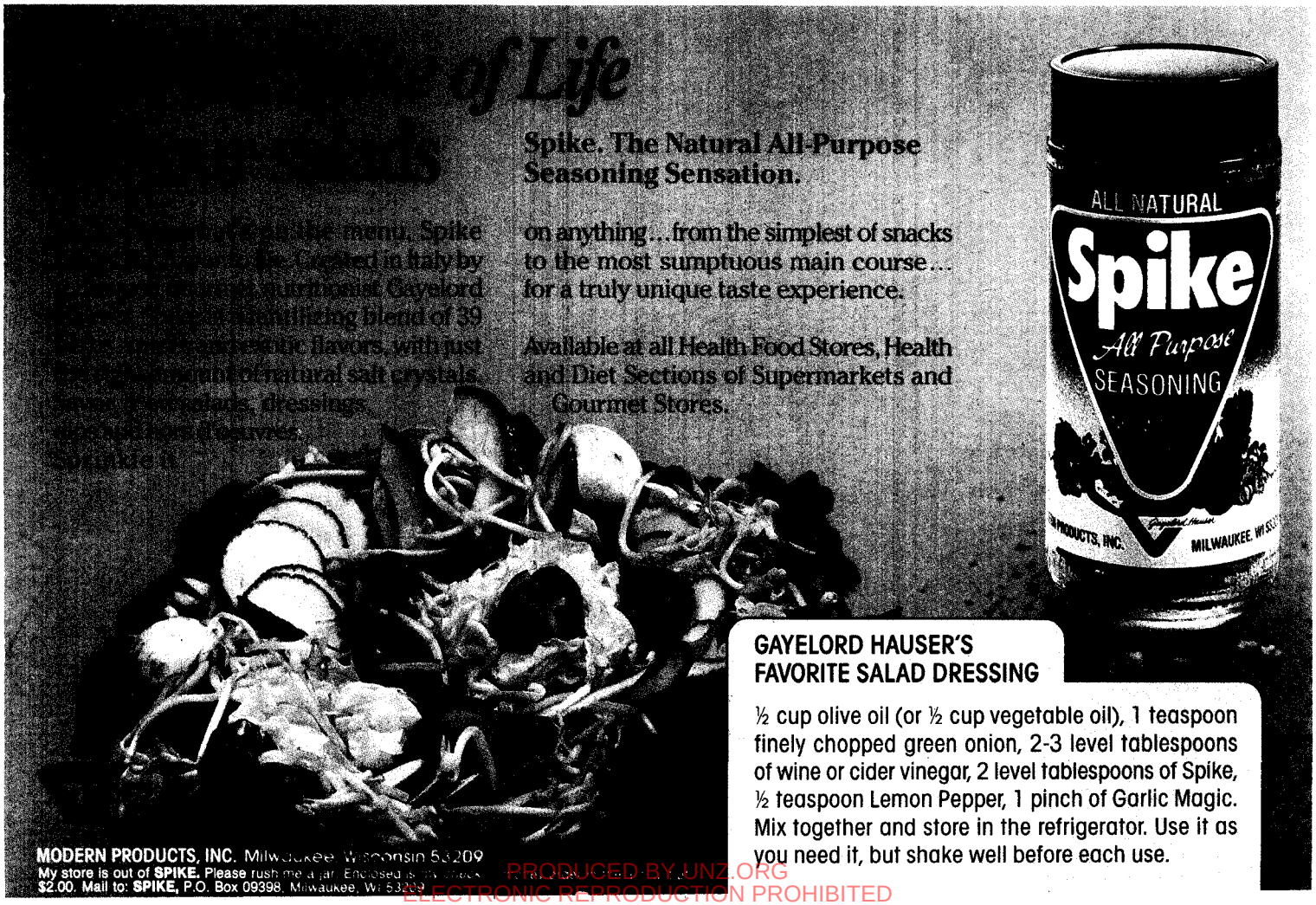
Combine vinegar, water, and olive oil, and mix well. Add garlic, cilantro, ginger, sesame seed, and red pepper flakes. Blend well. Pour into container with lid. Allow to stand at least 30 minutes before use to allow flavors to blend. Shake well before use. Refrigerate.

Chili Tomato Salad Dressing
(Makes 1 cup)

This spicy dressing is a good choice to serve over salad greens, sliced tomatoes, chilled vegetables, cold chicken, and fish.

1¼ cups (8 ounces) chopped fully ripened fresh tomatoes
2 tablespoons lemon juice
1 tablespoon water
1½ teaspoons chili powder
¾ teaspoon onion powder
¼ teaspoon garlic powder
1/16 teaspoon ground black pepper

In container of electric blender, place tomatoes, lemon juice, and water; blend until smooth. Add remaining ingredients; blend until combined.


Spike. The Natural All-Purpose Seasoning Sensation.
on anything...from the simplest of snacks to the most sumptuous main course... for a truly unique taste experience.
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ALL NATURAL
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All Purpose
SEASONING
GAYELORD HAUSER'S FAVORITE SALAD DRESSING
½ cup olive oil (or ½ cup vegetable oil), 1 teaspoon finely chopped green onion, 2-3 level tablespoons of wine or cider vinegar, 2 level tablespoons of Spike, ½ teaspoon Lemon Pepper, 1 pinch of Garlic Magic. Mix together and store in the refrigerator. Use it as you need it, but shake well before each use.
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"Love is Blind"

By
Bessie Pease Gutmann™

- Hand-curled mohair wig
- Hand-painted porcelain
- Genuine leather shoes
- Shown smaller than actual size of 11″

Bessie Pease Gutmann is a trademark of The Balliol Corporation. All rights reserved.

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A Beloved Masterwork Inspires a Delightful New Collectible Doll

Bessie Pease Gutmann's nostalgic "Love is Blind" painting has been lovingly captured in three dimensions—a faithful rendering of her original.

Generations ago, acclaimed artist Bessie Pease Gutmann portrayed a special moment in her painting, "Love is Blind"—and in the process captured the heart of America. Her original painting featured a curly-topped toddler embracing her well-worn old friend and companion, while a store-bought beauty, a recent gift, lies forgotten at her feet! Now, The Hamilton Collection is proud to introduce this classic work of art, meticulously recreated as a charming new collectible doll.

Quality Craftsmanship in the Finest Materials Available

"Love is Blind" stands a full 11″ in height, and her face, arms, and legs are cast in flawless porcelain, then hand-painted.

The little girl's outfit includes a peach-colored sun dress, lace-trimmed bloomers, and white anklet socks. Her shoes are *genuine leather,* accented with *faux pearl buttons,* and her hair is *hand-curled in mohair*—the finest wig material available, but so rarely found on contemporary dolls. The other two miniature dolls which complete this touching scene are individually created in the image of Mrs. Gutmann's original.

Her soft, hand-curled mohair wig and hand-painted features make this adorable toddler particularly special.

An Outstanding Value—Exclusively From Hamilton

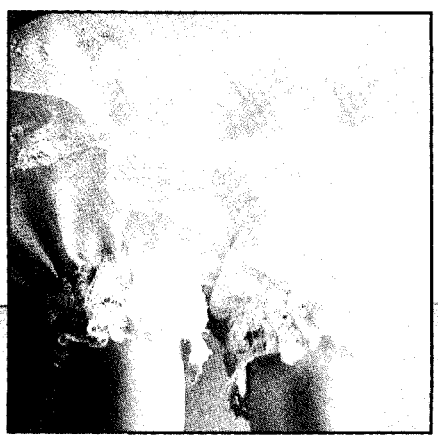
Today you may commission the creation of your very own "Love is Blind" doll for *only $135.00* (plus $2.88 shipping and handling), *payable in 4 monthly installments. A doll of this complexity and quality at this price is an outstanding value!* And, since "Love is Blind" is an exclusive offer from The Hamilton Collection, it will not be available in even the finest stores.

Your Satisfaction is Guaranteed

The Hamilton Collection *100% Buy-Back Guarantee* provides that you may enjoy "Love is Blind" in your home for up to 30 days before deciding to keep it. If you should return "Love is Blind" during that time period, you will receive a full refund with no questions asked.

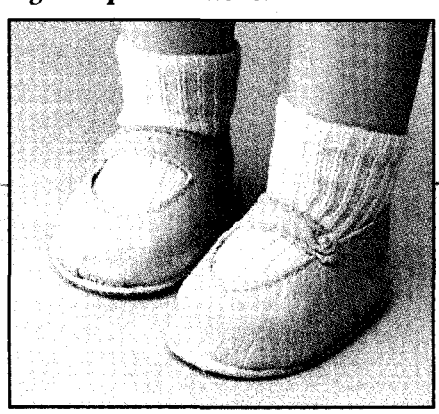
Adding to the excitement of this introduction is the *surging popularity of Gutmann collectibles.* The recently issued limited edition plate, "In Disgrace," has been quoted as high as double its issue price. Thus, this renowned artist's many admirers are sure to compete to own "Love is Blind."

Reserve your doll today! *You need send no money now* to take advantage of this unique opportunity—simply return the reservation application below.



Delicately hand-sewn, crisp white lace bloomers peek out from this little girl's peach-colored sun dress.

The doll's pretty shoes are made of ***genuine leather*** *and feature shimmering* ***faux pearl buttons.***



Respond by: October 31,1989

Limit: One doll per collector

Please accept my reservation application for "Love is Blind," accompanied by a display stand and a Certificate of Authenticity.

I need send no money now. Please bill me $34.47* for my first of 4 monthly payments when my doll is ready for shipment.

☐ Mrs. ☐ Ms. ☐ Mr. LCM2QDBA

Name _____

Address _____

City _____

State _____ Zip _____

Telephone No. (___) _____

Signature _____

*Plus 6% for FL and CA residents and 7% for IL residents for tax. *All applications must be signed and are subject to acceptance. Shipments made to the U.S. and its territories only.*

The Hamilton Collection

9550 Regency Square Blvd., P.O. Box 44051

Jacksonville, FL 32231

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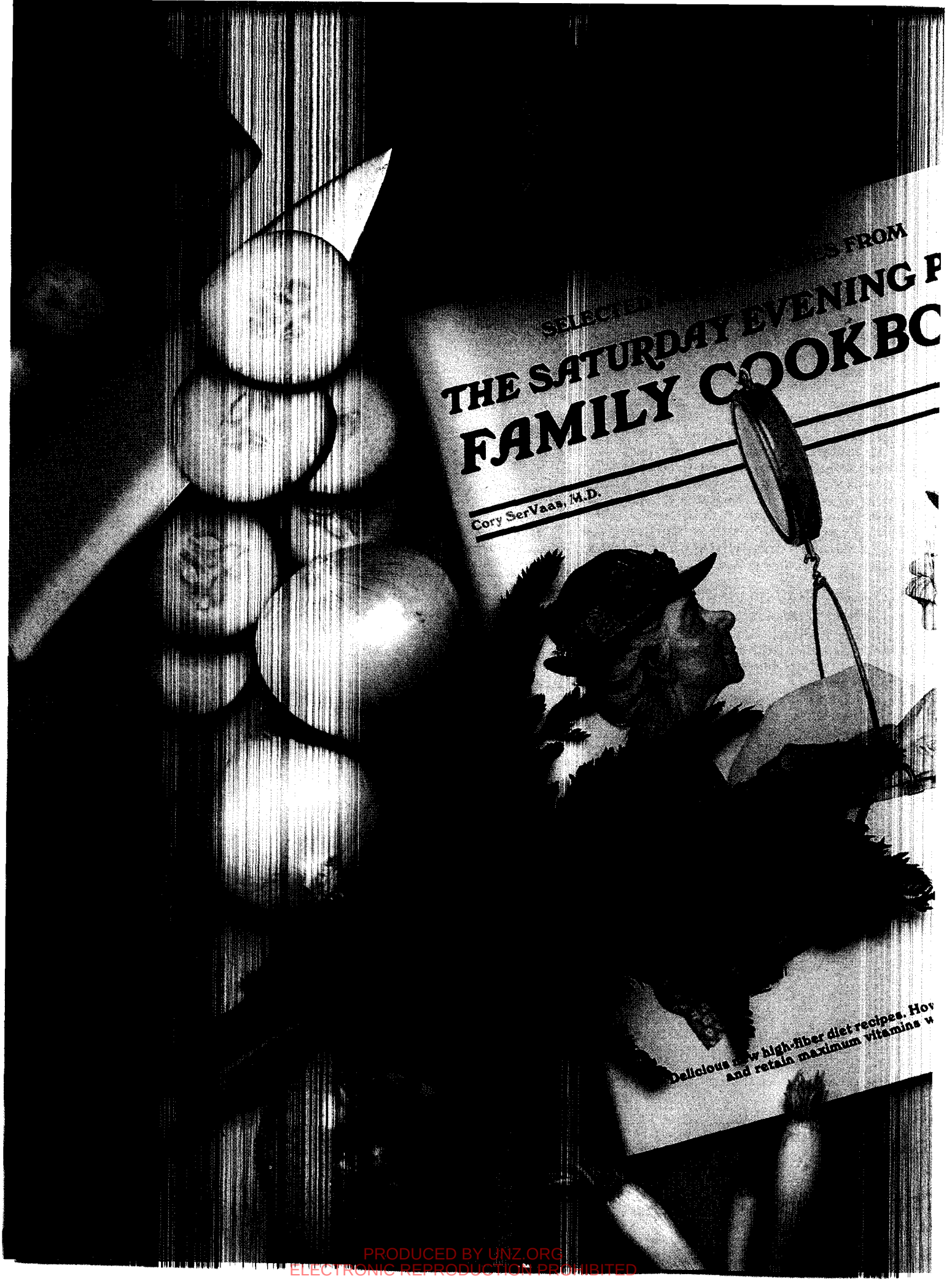

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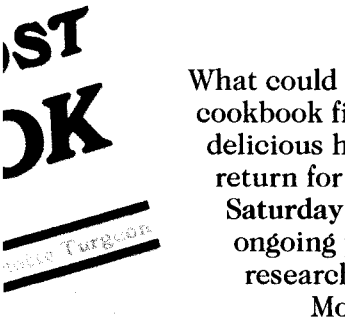
Our most popular cookbook FREE with your contribution.



What could be more appropriate—our cookbook filled with healthful and delicious high-fiber diet recipes in return for your contribution to The Saturday Evening Post Society's ongoing preventive-medicine research campaign.

More than 390,000 copies of this 8½" x 11" publication attest to the popularity of The Saturday Evening Post Family Cookbook, the joint effort of Cory SerVaas, M.D., and Charlotte Turgeon. And why not? It offers 110 recipes dedicated to tasty meals with less salt and maximum vitamins. Between its soft covers you'll learn about the role of plant fiber in the diet; the grain, fruit, and vegetables that supply the fiber; the percentage of calories from fast foods; a diet for herpes control; and concoctions that will make the 112 pages a tastebud's wonderland.

We're talking here of "Morning Glories"—from cornmeal waffles to sourdough buckwheat pancakes. Of "Learn to Love Loafing"—its high-fiber onion-rye buns, its whole-wheat apple-nut rolls, and its buttermilk raisin bread.

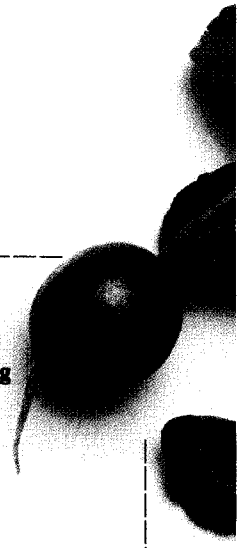
We're talking of "Stirring Experiences" and celery soup, sweet-and-sour cabbage soup, corn and cheddar-cheese chowders. Of "Taking Your Leaves"—which includes tomato rice salad, lentils vinaigrette, and carrot salad *extraordinaire*. As for "The Main Event," how about broccoli-cashew casserole, baked bran swordfish steaks, and roast chicken with corn-bread stuffing? And then there are the "Lucky Breaks" of honey-wheat cookies, meatless Reuben sandwiches, breaded carrots . . . and on through "Making Light of It," and much, much more.

Best of all, with your contribution to the Society, the Family Cookbook will be mailed to you FREE. Your health will benefit, and every cent of your tax-free contribution will go toward protecting and improving the health of many.

Your contribution will help in our continued battle against emphysema, gallstones, herpes, glaucoma, melanoma, and arthritis. And hepatitis, kidney stones, psoriasis, premenstrual syndrome, ectopic pregnancy, and galactosemia.

In addition, you will help support the Society's traveling units: the MAMMOBILE, for discovering breast tumors no larger than a pinhead; the HEART MOBILE, checking for the threatening high cholesterol that can lead to heart attacks.

So mail in your healthy contribution today, and we'll send you your copy of the Family Cookbook absolutely FREE.



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VETS ON PETS

THE PET FOOD DILEMMA

Americans spend more than $7 billion every year on pet food, but too many dog and cat owners rely more on love than labels.

by Gabrielle Hoeppner, D.V.M.

Illustrated by Marcus Hamilton

In spite of good intentions, selecting the proper diet for a pet leaves the ordinary dog and cat lover barking, or climbing, up the wrong tree. Not that the fault is his alone.

Even small markets today carry a variety of dog and cat foods: dry, semi-moist, "burgers," canned, and treats. One of the most frequent questions I hear as a veterinarian is which of these foods is the right one for a client's pet. Despite the wide choice available, I see many cases of diet-related disorders. Pets that are undernourished, overweight, or suffering from specific nutritional deficiencies are common. Most cases result from the pet owner's confusion and misinformation rather than from intentional neglect.

Most pet lovers, of course, want to provide the best nutrition possible at an affordable price. Contradictory as it may sound, I would much rather my clients spend their money on good diets than in my office trying to heal a sick "friend." Anyone who tries to save money by buying poor-quality foods for a dog or cat will pay for it later in veterinarian bills. Poor diets make for poor immune systems, and poor immune systems cannot fend off the parasites and diseases pets are heir to.

But that's not all. Malnourishment also leads to poor growth rates, poor hair coats, greater susceptibility to skin diseases, and shortened life spans. As for food allergies commonly seen in animals, cut-rate diets again are often the source.

Wise pet-food buyers will simply ignore generic and local brands found on most stores' shelves. Although there may be some good foods among these foods, in general they are inferior to well-known national brands developed through research. You get what you pay for, and the main difference between cheap and expensive brands is the quality of the protein, the most expensive ingredient. Higher-quality protein sources are more readily digestible and more complete than poorer sources.

Canned, semi-moist, and dry foods are equal nutritionally, but pets generally prefer the more expensive canned and semi-moist varieties. Often, canned food is best—especially

A proper diet can help your dog or cat fend off the parasites and diseases pets are heir to.

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Fat Dog?

☐ No.

Are you sure? Many dogs are overweight. And many dog owners don't even know it.

Test your dog. With your thumbs on his backbone, put both hands on his ribcage. If you can't easily feel his ribs, he probably needs to shed a few pounds.

Purina®Fit&Trim®brand Adult Dog Food has 15% fewer calories, 1/3 less fat and 1/3 less salt than the leading brand. It can help make sure you're never looking at a pudgy pooch.

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Cutting back on fat and calories is important. Because an overweight dog can be a higher risk for heart disease, skeletal stress and diabetes.

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Whether you have a pudgy Poodle or a husky Husky, Purina Fit & Trim could be the right answer.

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Purina Fit & Trim

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for a pet that requires additional water in its diet or has a lagging appetite. But in general, canned foods should not be used exclusively, because they can increase tartar formation on teeth and because they spoil readily. Dry foods are the best choice for most dogs and cats: they are economical and they will not spoil if kept dry.

Some companies make "premium" pet foods with exceptionally high-quality ingredients. These highly digestible foods contain few if any dyes or additives that can trigger food allergies. Pets fed these foods consume less and have smaller stools, resulting in less cleanup for the pet owner. Although premium foods are more expensive, they can be more economical in the long run because pets eat less and require less veterinary care.

Questions for the Vet

Following are some of the questions I'm most frequently asked about pets' diets:

Does my ten-year-old dog need a special diet?

Dietary needs change throughout life. Growing puppies and kittens need diets higher in protein, energy, vitamins, and minerals than do idle adults. Pregnant and nursing mothers need more energy, more calcium, and slightly more protein than do non-breeding animals. Dogs and cats over eight years of age should have diets lower in protein, but with protein higher in quality and lower in energy (fewer calories) than younger animals' diets. Diets high in protein or those that contain poor-quality protein can put an extra burden on older animals' kidneys.

For adult dogs, protein contents over 22 to 23 percent are probably too much. Cats should have foods that contain 30 to 32 percent protein on a dry-weight basis. Besides rapidly growing puppies or kittens and breeding or nursing females, animals recovering from illness or major surgery may benefit from slightly more protein with a high biological value (very digestible).

Most major pet-food makers manufacture formulations for special needs and various stages of life. There are puppy and kitten diets, senior diets, and "light" diets for overweight or less active pets. Select the proper one for your pet. If in doubt, get your veterinarian's advice. Good diets can increase the lifespan of your pet.

My dog likes to eat cat food. Is this harmful?

Dogs prefer cat food because cat food is high in fat, which makes food taste good. Cat food is not harmful for young, healthy adult dogs. However, due to the high fat content, a dog may gain considerable weight eating cat food. And cat food can be an expensive way to feed a dog. Dogs over eight years of age should *never* eat cat food, because of the high protein content.

On the other hand (or paw), all dog foods are grossly inadequate for cats, which have special dietary needs. They cannot convert the carotene found in vegetable foods to vitamin A, and they are unable to make their own taurine, a deficiency of which leads to the development of blindness and heart disease. Cat owners should buy only major brands or those that specifically list taurine on the label. Taurine is also found in high levels in shellfish, such as clams and clam juice. A cat's diet can be supplemented with these foods, as well as with taurine supplements, available from a veterinarian.

My dog has dry, flaky skin that itches. What can I do?

Dry, flaky skin can be caused by many things other than diet. Have your veterinarian check your pet for diseases, allergies, or parasites. Bathe your dog no more than once every other week to prevent excessive drying of the skin. Because poor-quality dog foods can cause poor hair coats and poor skin health, switch to a premium food or a major brand. It will take about two months for the results of better nutrition to show. A better diet can also improve your pet's energy level, muscle tone, and temperament. Dietary supplements can help speed this process. Your veterinarian can furnish fatty-acid supplements as well as a good vitamin-mineral tablet to help in the transition period. Never feed pets raw eggs or large amounts of oil. These can do more harm than good.

How to Read a Label

Look basically for three things on a bag or a can of pet food: the guaranteed analysis, the nutritional-adequacy statement, and the ingredients list.

1. *Guaranteed analysis*—States the product's *minimum* levels of crude protein and fat, along with *maximum* levels of crude fiber and moisture content. The problem with the guaranteed analysis is that it doesn't reflect the *digestibility* (or biological value) of the protein source. You have to trust the manufacturer and read the ingredients label. For instance, in the statement of crude protein, meat and meat by-products or bone meal can mean steak trimmings or feathers. Usually, meat and meat by-products or bone meal listed first or second on the ingredients list is a sign of a poor-quality food. For dogs needing more calories, look for a food with 8 percent fat content or higher. High fiber contents usually indicate a poorer quality, less digestible diet. High-fiber diets may have a place in your pet's feeding program, but you should consult with your veterinarian before choosing them.

2. *Nutritional-adequacy statement*—Look for foods labeled "complete and balanced for all stages of life," "100 percent balanced and complete nutrition," or some similar statement. However, you must be sure the food maker can back up this claim with feeding trials and research. Stick with nationally known brands. Look on the bag for a phone number you can call if you want more information. Then call and ask what research has been done.

3. *Ingredients list*—Ingredients are listed in order of their decreasing amounts. Most foods will list soybeans or some type of cereal, such as corn or wheat, first. Many pets develop food allergies caused by dyes, additives, or specific ingredients. Reading labels can help you select a food with high-quality ingredients and avoid foods to which your pet may be sensitive.

Finally, another tip is to read the recommended amount for feeding. A food labeled for feeding at a rate of one cup for each 20 pounds of the animal's body weight will be of higher quality than one labeled at a rate of one cup for each 10 pounds of body weight. This is especially important when feeding small pets, whose capacity for the ingestion of food is limited.

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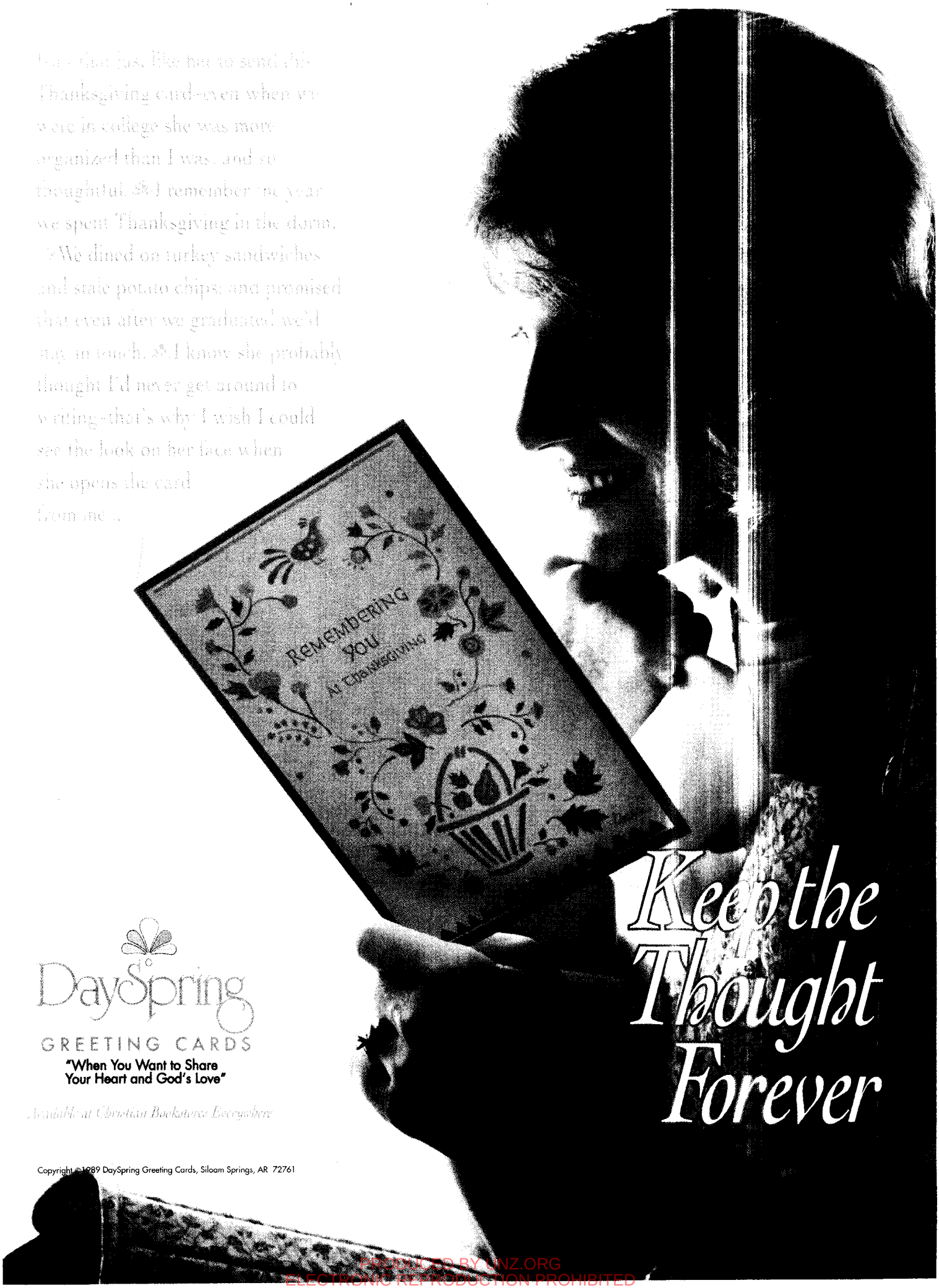

For a change, I'm not going to send this Thanksgiving card—even when we were in college she was more organized than I was...and so thoughtful. I remember one year we spent Thanksgiving in the dorm. We dined on turkey sandwiches and stale potato chips and promised that even after we graduated, we'd stay in touch. I know she probably thought I'd never get around to writing—that's why I wish I could see the look on her face when she opens the card from me...

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Post People

Where there's smoke there's fire—at least in the eyes of ***Barbara Bush***. Although the fight against illiteracy remains the first lady's No. 1 project, a close second is keeping the White House, as well as the presidential sections aboard *Air Force One*, free from tobacco smoke.

There are no ifs, ands, or butts when this reformed smoker talks to offending staffers and friends about quitting the smoking habit, which she considers unattractive and unhealthful.

Even visitors will be affected by the first lady's determination to banish smoke from the White House: they'll still receive souvenir matchbooks, but without the President's name on them.

Fred Savage may be only 4'10", but if his acting skills keep pace with his physical development, he is destined to become a Hollywood giant. The star of television's "The Wonder Years," which won an Emmy as the year's best comedy series, Fred has already made 70 TV and radio commercials and three movies.

Such success might very well give other boys of age 12 a head too big for anything but a custom-made cap. But Fred has managed to take stardom in stride. When one reporter asked how it has changed him, he replied, "I'm probably taller."

The story goes ***Bob Newhart*** once lost his job as a bookkeeper because he figured if he came within two dollars of the correct amount, that was close enough. And the story may be true; Newhart tried accounting as well as copywriting and law school before turning to the comic routines that opened the door to big-money nightclub dates and, eventually, television.

Newhart has for the past seven seasons opened the door to his "Vermont inn" and let millions of weekly TV guests join in the fun of his latest hit, appropriately listed as "Newhart."

"I don't want ever to ride the show into the ground," he told *Parade* magazine recently. "It has been good to me." At 60, he still feels like 30, "except when I try to run."

Meet ***Tony Curtis*** the painter. Any relation to Tony Curtis the silver-haired, blue-eyed actor? The same.

The 64-year-old Curtis (below, with his daughter Jamie Lee Curtis) was trying his luck in the artist's studio long before the movie studios ever beckoned.

He continued to develop his art, which includes oil paintings, watercolors, drawings, and serigraphs, even as he made his name creating characters for the silver screen—150 films in the past 40 years. Today, though not retired from the movie business, this Honolulu resident could well afford to be, if the early returns from the art marketplace are any indication.

"I'm thrilled that what I've been dabbling in has turned out to be a substantive playmate," Curtis told one reporter. What he is perhaps too modest to mention is that since his first exhibition in 1987, he has sold more than 300 pieces—at prices ranging from $9,000 to $95,000—for a total approaching $3 million.

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"The Lord's My Shepherd"
Actual diameter: 8½ inches
© 1989 W. S. George

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A portrait of innocence and inspiration... a Bradford Exchange recommendation

A loving gaze. A tender touch. A glowing tribute to the beauty of an innocent faith.

Inspired by the classic illustration originally created more than fifty years ago for *The Children's Book of Hymns*, "The Lord's My Shepherd" brings the ageless appeal of Cicely Mary Barker—Britain's beloved Flower Fairy™ lady—to the collector's plate medium. And like exceptional collector's plates that now command hundreds of dollars on the plate market, "The Lord's My Shepherd" appears to have what it takes to go up in value after the edition closes.

Not every plate goes up in value, some go down. But the edition of "The Lord's My Shepherd" is strictly limited to a maximum of 150 firing days, and demand is expected to be strong. So if you wish to obtain this plate at the $29.50 issue price, the time to act is now. To order your plate—fully backed by our one-year money-back guarantee—send no money now, simply complete and mail the coupon at right.

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Order Form for "The Lord's My Shepherd"

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Trading Floor
9345 Milwaukee Avenue
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Please mail by: October 31, 1989

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COMING UP: NEW HEADS AND TAILS

U.S. coins spend easily enough, but as pieces of art, they aren't worth a plug nickel.

by Sophia Dembling

Raymond, a pharmacy technician, guesses that Abraham Lincoln's likeness is on the nickel, George Washington's on the penny, and the quarter—well, he has no idea.

Angelique, a restaurant manager, knows Lincoln is on the penny but can't remember anything about the other coins.

And Susan, a receptionist, says, "Abraham Lincoln is on one of them, probably. And George Washington is on one, isn't he?

We scrounge for exact change, hoard quarters for laundry day, and avoid pennies. But otherwise we rarely give our coins much thought. After all, they've looked just about the same for as long as many of us can remember.

That may soon change.

Diane Wolf, the United States' ebullient commissioner of fine arts, is spearheading a drive, co-sponsored so far by 265 congressmen and 67 senators, for legislation to require changing the design on the reverse (that's "tails" to lay coin users) of all our coins.

If the bill passes Congress, our coins will have a whole new tail. Instead of torches, eagles, and monuments, they'll bear images representative of the Bill of Rights. They'll still have the same presidential heads (although they may be updated), and they'll still say *E Pluribus Unum* and "In God We Trust."

Except for the brief run of the bicentennial quarter, the failed Susan B. Anthony dollar, and the introduction of the Kennedy half dollar, these will be the first new "business strikes" (as opposed to commemorative coins) this country has seen since 1959, when the Lincoln Memorial replaced the wheat stalks on the reverse of the penny. The five-cent piece hasn't been changed since Thomas Jefferson ran the buffalo off in 1938, and the quarter is unchanged since 1932.

In the past, government guidelines caused coins to be changed about every 25 years, a total of 33 times so far. But in the 1960s, when rising silver prices caused coin hoarding and shortages, the treasury threw off the guidelines and started cranking out new clad metal (copper-sandwich) coins without a redesign.

Changing the coins won't make them spend any better—a penny still won't buy much. So why bother?

For one, says Diane Wolf—and many coin collectors—our designs aren't much to be proud of. "A coin is really a piece of sculpture," Wolf says. "Coins are art that people hold in their hands every day.

"The quality of the design of coins today is really mediocre," she says. "They're not beautiful."

And, she says, "Coins represent an evolution of the civilization. We know a lot about the ancient Greeks because of their coinage. We know when civilizations are at war and at peace.

"The buffalo nickel was a perfect example of American expansion west. On one side a proud Indian, and a buffalo on the other. What they [coins] are saying now is that we're stuck in the past, that we don't care about art."

Coin collectors agree. Michael Haynes, president of Dallas-based Heritage Rare Coin Galleries, a nationally recognized rare-coin dealer, says: "Many coins in the United States do not measure up to worldwide standards. They're more functional, a lot less artistic. If you were to take some coinage from Canada and Mexico and some of our European trade partners, I think you'd see the difference in the craftsmanship."

Numismatic News, the weekly publication for coin collectors responsible for bringing the matter to Wolf's attention, did an informal survey of its readership. Of 2,000 responses (out of a coin-collecting population estimated at anywhere from 3 million to 10 million), 92 percent supported a coin redesign.

Dave Harper, the editor of *Bank Note Reporter* and a former editor of *Numismatic News,* says, "I've not heard anyone call the current designs beautiful. The Washington quarter—well, draw your own conclusions."

But senators and congressmen aren't experiencing angst over our coins' aesthetics. What has gotten their attention is that redesigning our coins is likely to inject approximately $366 million into the government.

How's that?

Coins are minted as banks run out and need more, says Harper. There is no actual gold behind them. "They are not backed," he says, "other than with the full force and credit of the United States government. In fact, if you send in paper money or coins for lawful money—for example, gold—the treasury will send you the same

continued on page 110

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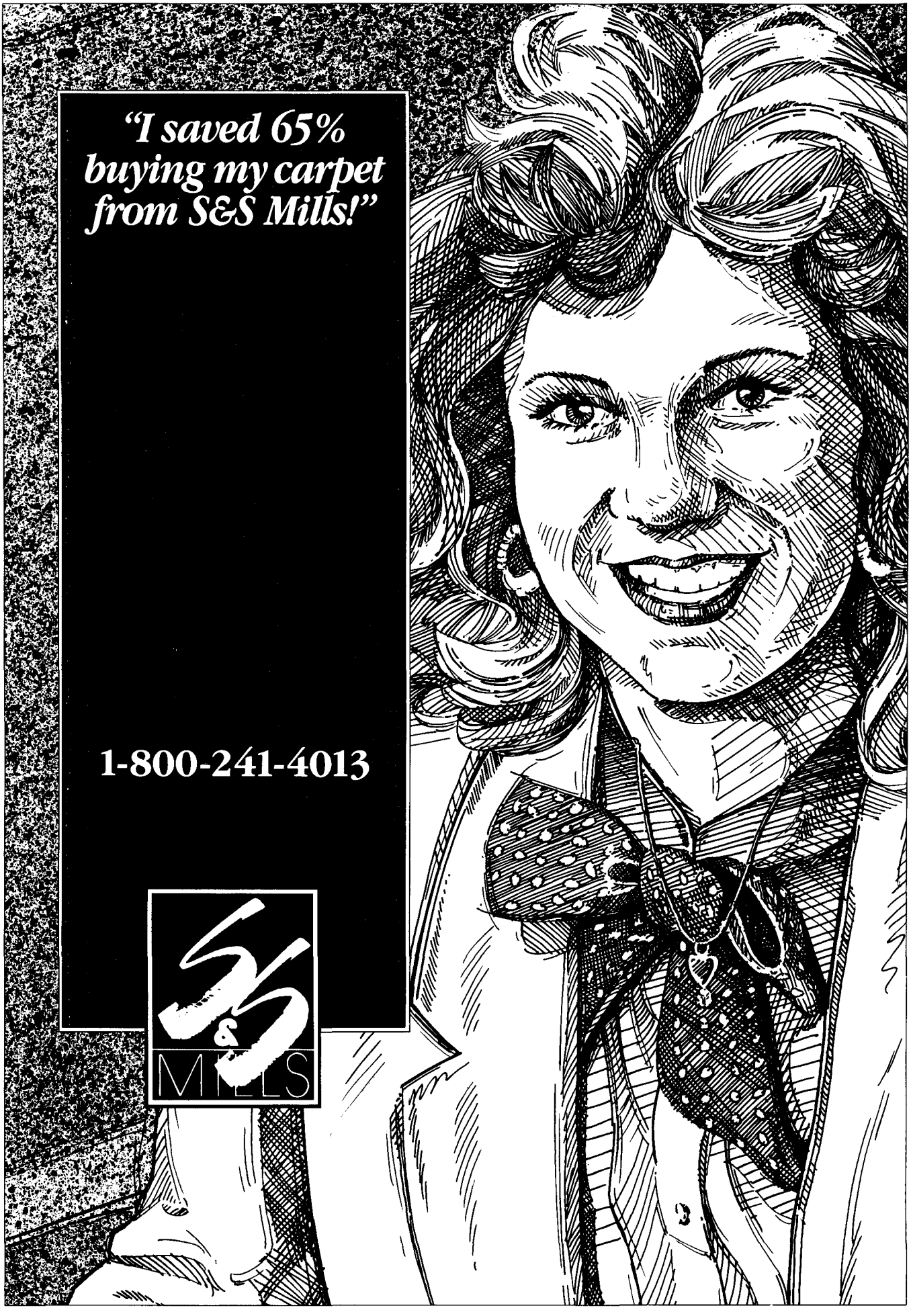

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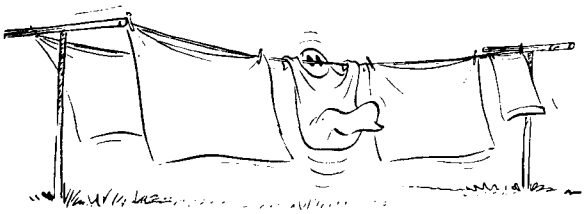


POST SCRIPTS

The Quality Goes In Before the Name Gets Changed

Two young ladies were chatting about love, romance, and marriage.

"The man I marry," one said, "must be bright, colorful, and entertaining. Yet when I'm in the mood for peace and quiet, I'll want him to remain silent. I'll want him to be up-to-the-minute on sports, politics, and the day's news. And I'll want him to stay home nights with me."

"You don't want a husband," the other said. "You want a color television set."

—James Curnane

Say What?

When you can't think of anything to say, don't try. The world needs more people like you.

—Sam Ewing

Yellowed Journalism

A big-city newspaper reporter stopped to visit an old friend who was the editor of a little country weekly.

"How can you keep up your circulation in a town where everybody already knows what everybody else is doing?" the reporter asked.

The editor grinned. "They know what everybody's doing, all right," he said. "But they read the paper to find out who got caught!"

—Mrs. A. Mayer

No Life Assurance

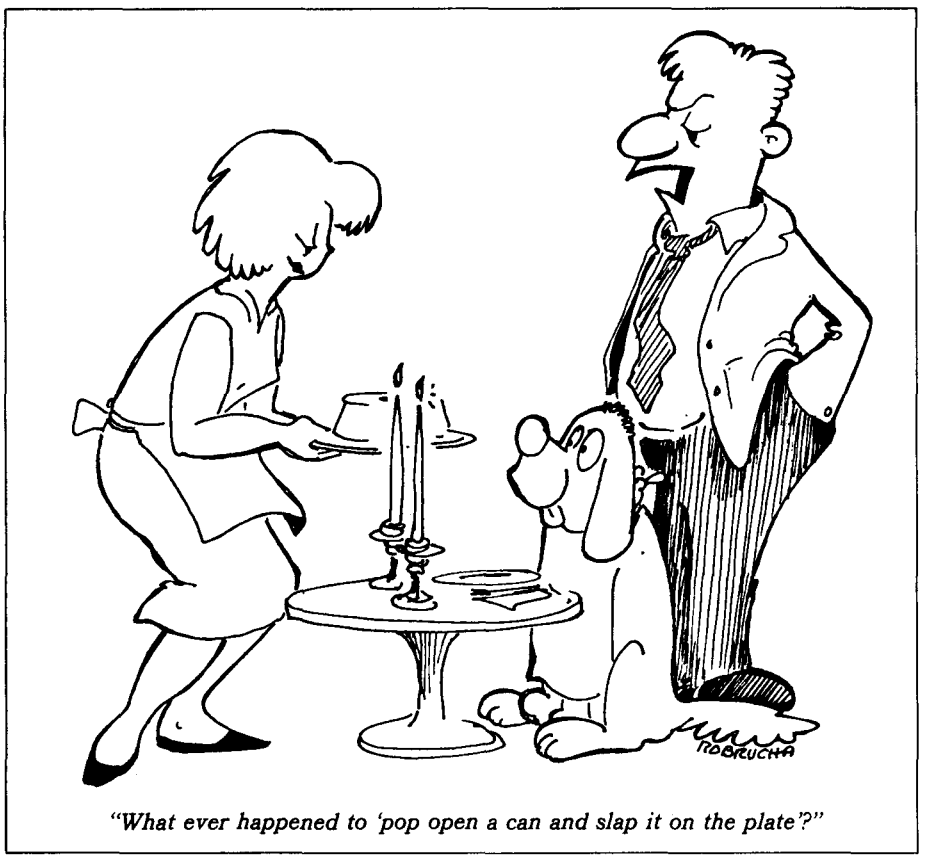
"Your recent purchase will soon be of great benefit to your family," the fortuneteller told her client.

"Oh, no!" the man gasped.

"What's wrong?"

"I just bought a $100,000 accidental death policy!"

—Milton Doane



"What ever happened to 'pop open a can and slap it on the plate'?"

No Class at All

The following is taken from a list of rules for teachers, written circa 1872.

1. Teachers each day will fill lamps, clean chimneys.
2. Each teacher will bring a bucket of water and a scuttle of coal for the day's session.
3. Make your pens carefully. You may whittle nibs to the individual taste of the pupils.
4. Men teachers may take one evening each week for courting purposes, or two evenings a week if they go to church regularly.
5. After ten hours in school, the teachers may spend the remaining time reading the Bible or other good books.
6. Women teachers who marry or engage in unseemly conduct will be dismissed.
7. Every teacher should lay aside from each pay a goodly sum of his earnings for his benefit during his declining years so that he will not become a burden on society.
8. Any teacher who smokes, uses liquor in any form, frequents pool or public halls, or gets shaved in a barber shop will give good reason to suspect his worth, intention, integrity, and honesty.
9. The teacher who performs his labor faithfully and without fault for five years will be given an increase of 25¢ per week in his pay, providing the Board of Education approves.

—Anonymous

Onward and Downward

Primitive man,
Were he alive today,
Would look at this society
And probably say,

"This 'civilization'
You all seem to prize
Has cost you too much—
At least in my eyes.

"Here no one is free

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To do as he pleases,
And you've even invented
Some brand-new diseases.

"Taxes and laws?
Again you have failed;
I couldn't be sued
And couldn't be jailed.

"Oh, yes, it's quite true
That I lived in a cave,
But look at all the tax-free
Shelter it gave!"

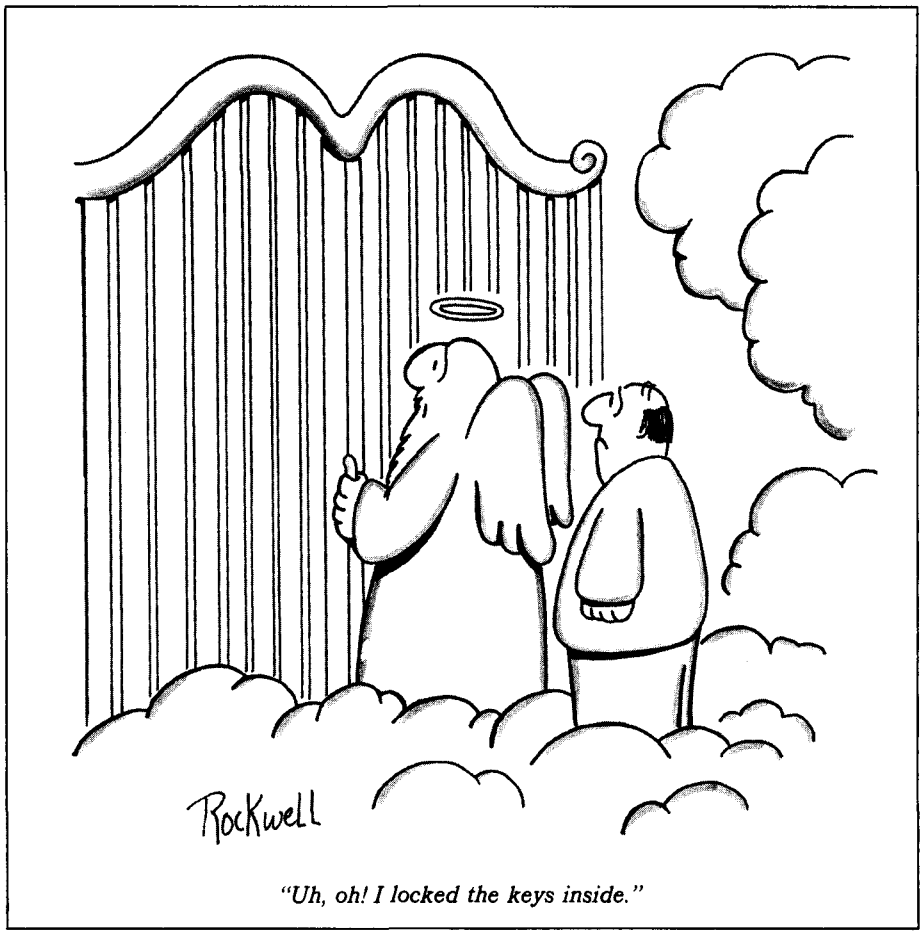
—Henry F. Hill

Ear Today, Gone Tomorrow

The landlord to the starving artist
Said, "Pay your rent, or I'll put you out!"
"Never mind," the artist said, "one day
People passing by will talk about

This house where once lived a great painter."
The landlord, unimpressed with this plight,
Said, "If you do not pay me now,
People will be saying that tonight!"

—Muriel Kovinow



"Uh, oh! I locked the keys inside."

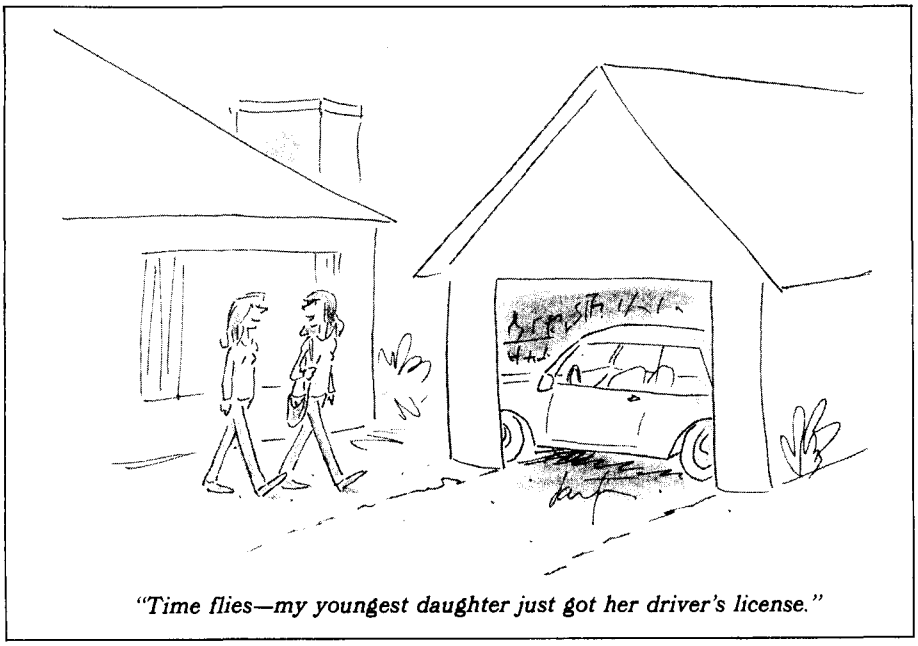
All That Glitters

An elderly woman having her portrait done asked the artist if he would paint jeweled rings on her fingers, pearls around her neck, diamond earrings in her ears, and jeweled bracelets on her wrists.

"Sure," the artist said. "But may I ask why?"

"Because I don't have long to live," she said, "and I want to drive my husband's mistress crazy trying to find out what happened to all my jewelry."

—Bobbie M. Cooley



"Time flies—my youngest daughter just got her driver's license."

Not the Last Word

Many old sayings make equally good sense if you just drop the last word. For instance: familiarity breeds; blondes have more; money is the root of all; fools rush in where angels fear to; beauty is only skin; hell hath no fury like a woman.

—Oliver Frazier

Straight from the Horse's Behind

A good boss: one who takes a little more than his share of the blame and a little less than his share of the credit.

—Rose Sands

Shelf Deception

Their bookshelves form a nice display
Of authors, mostly dead ones.
Books brown and green and black and gray—
But hardly any read ones.

—G. Sterling Leiby

Stringin' 'Em Along

The best that can be said for the typical modern painting is that hanging is too good for it.

—Ivern Ball

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THE QUICK ONE

FATHER BROWN AND THE INVISIBLE WITNESS

By G. K. Chesterton

Illustrated by H. R. Ballinger

Synopsis: ***In Part I of "The Quick One," Father Brown and his friend Inspector Greenwood witness a curious incident in the Oriental-decorated saloon lounge of the Maypole and Garland, a Sussex-coast hotel Father Brown had innocently suggested would be an easy place to commit murder. John Raggley—a quarrelsome political activist and chronic complainer who claims to have uncovered a nationwide swindle in the liquor, wine, and beer trade—is nearly killed by a dagger-wielding Moslem incensed by Raggley's reference to the prophet Mahomet as a "dirty old humbug." The Moslem is traveling with the prominent prohibitionist Rev. David Pryce-Jones, who had been sipping milk at the bar while expounding on the evils of drink. Also present at the bar at the time is a loud-mouthed liquor-company representative, Mr. Jukes, and a group of salesmen. Instead of pressing charges against the assailant, Raggley compliments the man for standing up for his religion, and all seems forgiven for the moment. Next morning, however, Father Brown, up early to perform his religious duties, discovers Raggley lying dead in a corner of the saloon, a dagger plunged through his heart.***

Part II: Father Brown went very softly upstairs again and summoned his friend the inspector, and the two stood beside the corpse in a house in which no one else was, as yet, stirring.

"We mustn't either assume or avoid the obvious," said Inspector Greenwood, after a silence, "but it is well to remember, I think, what I was saying to you yesterday afternoon. It's rather odd, by the way, that I should have said it yesterday afternoon."

"I know," said the priest, nodding with an owlish stare.

"I said," observed Greenwood, "that the one sort of murder we can't stop is murder by somebody like a religious fanatic. That brown fellow probably thinks that if he's hanged, he'll go straight to paradise for defending the honor of the Prophet."

"There is that, of course," said Father Brown. "It would be very reasonable, so to speak, of our Moslem friend to have stabbed him. And you may say we don't know of anybody else yet who could at all reasonably have stabbed him. But—but I was thinking——" And his round face suddenly went blank again and all speech died on his lips.

"What's the matter now?" asked the other.

"Well, I know it sounds funny," said Father Brown in a forlorn voice. "But I was thinking—I was thinking, in a way, it doesn't much matter who stabbed him."

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"Is this the new morality?" asked his friend. "Or the old casuistry perhaps. Are the Jesuits really going in for murder?"

"I didn't say it didn't matter who murdered him," said Father Brown. "Of course, the man who stabbed him might possibly be the man who murdered him. But it might be quite a different man. Anyhow, it was done at quite a different time. I suppose you'll want to work on the hilt for fingerprints, but don't take too much notice of them. I can imagine other reasons for other people sticking this knife in the poor old boy. Not very edifying reasons, of course, but quite distinct from the murder. You'll have to put some more knives into him before you find out about that."

"You mean——" began the other, watching him keenly.

"I mean the autopsy," said the priest, "to find the real cause of death."

"You're quite right, I believe," said the inspector, "—about the stabbing anyhow. We must wait for the doctor, but I'm pretty sure he'll say you're right. There isn't blood enough. This knife was stuck in the corpse when it had been cold for hours. But why?"

"Possibly to put the blame on the Mohammedan," answered Father Brown. "Pretty mean, I admit, but not necessarily murder. I fancy there are people in this place trying to keep secrets who are not necessarily the murderers."

"I haven't speculated on that line yet," said Greenwood. "What makes you think so?"

"What I said yesterday, when we first came into this horrible room. I said it would be easy to commit a murder here. But I wasn't thinking about all those stupid weapons: though you thought I was. About something quite different."

For the next few hours the inspector and his friend conducted a close and thorough investigation into the goings and comings of everybody for the last 24 hours, the way the drinks had been distributed, the glasses that were washed or unwashed, and every detail about every individual involved, or apparently not involved. One might have supposed they thought that 30 people had been poisoned, as well as one.

It seemed certain that nobody had entered the building except by the big

Inquiries were made in a million places, in order to track the flying trail of that ghostly figure.

entrance that adjoined the bar; all the others were blocked in one way or another by the repairs. A boy had been cleaning the steps outside this entrance, but he had nothing to report. Until the entry of the Turk in the turban, with his teetotal lecturer, there did not seem to have been much custom of any kind, except for the commercial travelers who came in to take what they called "quick ones"; and they seemed to have moved together, like Wordsworth's Cloud; there was a slight difference of opinion between the boy outside and the men inside about whether one of them had not been abnormally quick in obtaining a quick one, and come out on the doorstep by himself; but the manager and the barman had no memory of any such independent individual. The manager and the barman knew all the travelers quite well, and there was no doubt about their movements as a whole. They had stood at the bar chaffing and drinking; they had been involved, through their lordly leader, Mr. Jukes, in a not very serious altercation with Mr. Pryce-Jones; and they had witnessed the sudden and very serious altercation between Mr. Akbar and Mr. Raggley. Then they were told they could adjourn to the commercial room, and did so, their drinks being borne after them like a trophy.

"There's precious little to go on," said Inspector Greenwood. "Of course, a lot of officious servants must do their duty as usual, and must wash out all the glasses; including old Raggley's glass. If it weren't for everybody else's efficiency, we detectives might be quite efficient."

"I know," said Father Brown, and his mouth took on again the twisted smile. "I sometimes think criminals invented hygiene. Or perhaps hygienic reformers invented crime; they look like it, some of them. Everybody talks about foul dens and filthy slums in which crime can run riot, but it's just the other way. They are called foul, not because crimes are committed but because crimes are discovered. It's in the neat, spotless, clean and tidy places that crime can run riot; no mud to make footprints; no dregs to contain poison; kind servants washing out all traces of the murder; and the murderer killing and cremating six wives—and all for want of a little Christian dirt. Perhaps I express myself with too much warmth—— But look here. As it happens, I do remember one glass, which has doubtless been cleaned since, but I should like to know more about it."

"Do you mean Raggley's glass?" asked Greenwood.

"No, I mean nobody's glass," replied the priest. "It stood near that glass of milk and it still held an inch or two of whiskey. Well, you and I had no whiskey. I happen to remember that the manager, when treated by the jovial Jukes, had a drop of gin. I hope you don't suggest that our Moslem was a whiskey drinker disguised in a green turban or that the Rev. David Pryce-Jones managed to drink

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whiskey and milk together without our noticing it."

"Most of the commercial travelers took whiskey," said the inspector. "They generally do."

"Yes, and they generally see they get it too," answered Father Brown. "In this case, they had it all carefully carted after them to their own room. But this glass was left behind."

"An accident, I suppose," said Greenwood doubtfully. "The man could easily get another in the commercial room afterward."

Father Brown shook his head. "You've got to see people as they are. Now, these sort of men—well, some call them vulgar and some common, but that's all likes and dislikes. I'd be content to say that they are mostly simple men. Lots of them very good men, very glad to go back to the missis and the kids; some of them might be blackguards, might have had several missises, or even murdered several missises. But most of them are simple men, and, mark you, just the least tiny little bit drunk. Not much; there's many a duke or don at Oxford drunker, but when that sort of man is at that stage of conviviality, he simply can't help noticing things, and noticing them very loud. Don't you observe that the least little incident jerks them into speech; if the beer froths over, they froth over with it, and have to say, 'Whoa, Emma,' or 'Doing me proud, aren't you?' Now, I should say it's flatly impossible for five of these festive beings to sit round a table in the commercial room and have only four glasses set before them, the fifth man being left out, without making a shout about it. Probably they would all make a shout about it. Certainly he would make a shout about it. He wouldn't wait, like an Englishman of another class, till he could get a drink quietly later. The air would resound with things like, 'And what about little me?' or, 'Here, George; have I joined the Band of Hope?' or, 'Do you see any green in my turban, George?' But the barman heard no such complaints. I take it as certain that the glass of whiskey left behind had been nearly emptied by somebody else; somebody we haven't thought about yet."

"But can you think of any such person?" asked the other.

"It's because the manager and the barman won't hear of any such person that you dismiss the one really independent piece of evidence—the evidence of that boy outside cleaning the steps. He says that a man, who may well have been a bagman, but who did not, in fact, stick to the other bagmen, went in and came out again almost immediately. The manager and the barman never saw him, or say they never saw him. But he got a glass of whiskey from the bar somehow. Let us call him, for the sake of argument, The Quick One. Now, you know I don't often interfere with your business, which I know you do better than I should do it, or should want to do it. I've never had anything to do with setting police machinery at work, or running down criminals, or anything like that. But, for the first time in my life, I want to do it now. I want you to find The Quick One; to follow The Quick One to the ends of the earth; to set the whole infernal official machinery at work like a dragnet across the nations, and jolly well recapture The Quick One. Because he is the man we want."

Greenwood made a despairing gesture. "Has he face or form or any visible quality except quickness?" he inquired.

"He was wearing a sort of Inverness cape," said Father Brown, "and he told the boy outside he must reach Edinburgh by next morning. That's all the boy outside remembers. But I know your organization has got on to people with less clue than that."

"You seem very keen on this," said the inspector, a little puzzled.

The priest looked puzzled also, as if at his own thoughts; he sat with knotted brow and then said abruptly:

"You see, it's so easy to be misunderstood. All men matter. You matter. I matter. It's the hardest thing in theology to believe."

The inspector stared at him without comprehension, but he proceeded:

"We matter to God—God only knows why. But that's the only possible justification of the existence of policemen." The policeman did not seem enlightened as to his own cosmic justification. "Don't you see, the law really is right in a way, after all. If all men matter, all murders matter. That which He so mysteriously created,

continued on page 104

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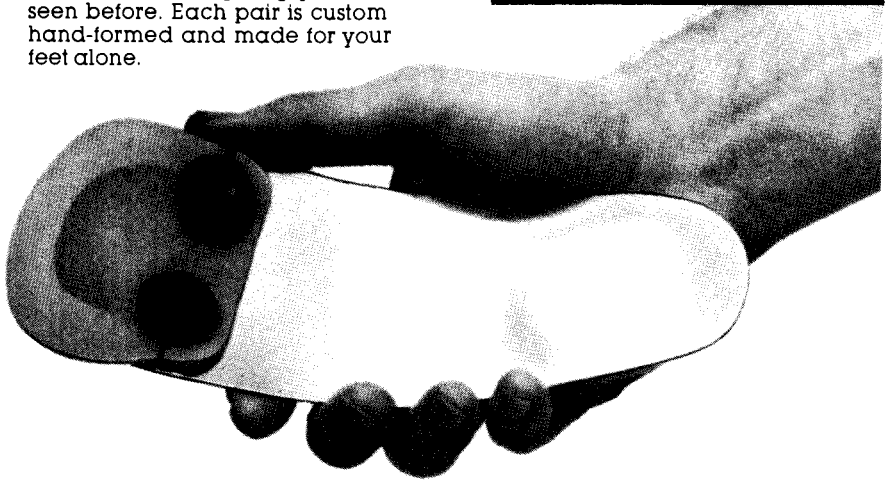

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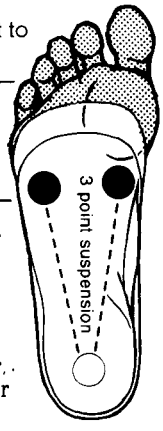

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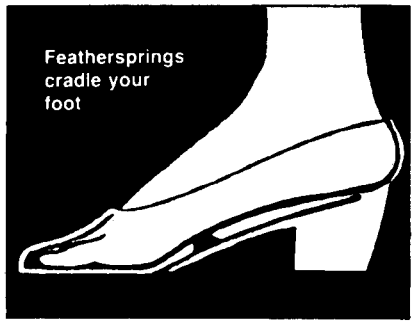

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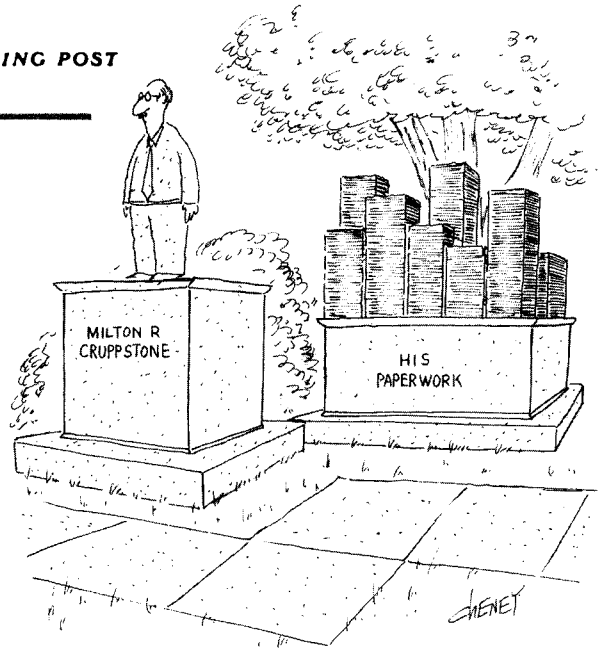
"And as you can see, projected sales for this year are . . . Simmons, you're not taking the last chocolate donut. I've got dibs on that donut."



OFFICE POLITICS

"Wheeler, you're a good listener! I like that."

"Would it be possible for you to type with your keyboard on your desk like everybody else?"

"That's from the desk of Harold Winton. . . ."

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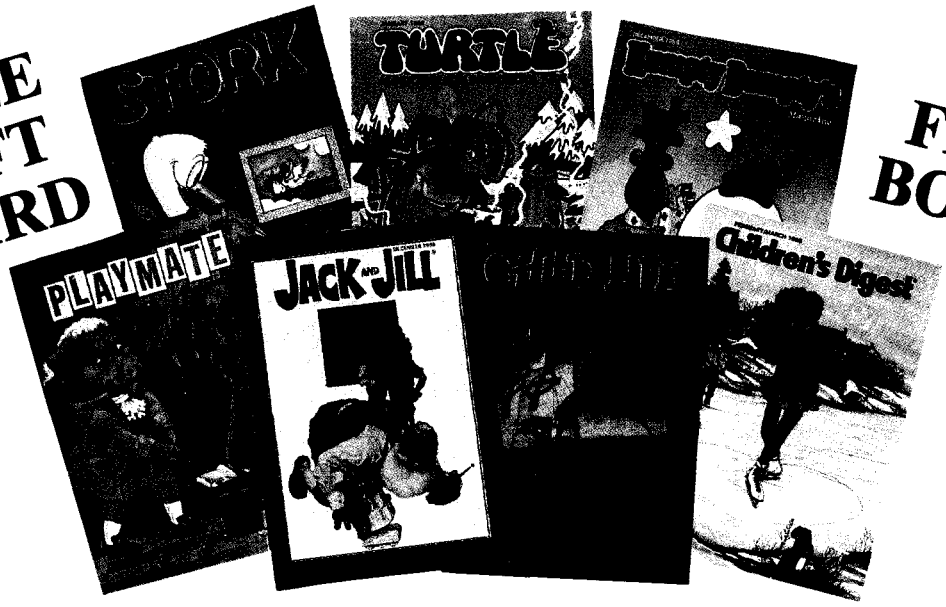

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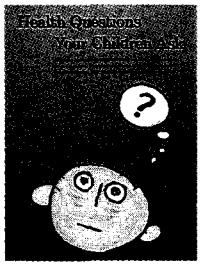

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HEARTBEAT

The Healthy Heart Report

REVERSING HEART DISEASE

Using sophisticated imaging machines, researchers can now accurately measure the effects of diet and lifestyle on the human heart.

Editor's note: Dr. Dean Ornish is on the faculty at the School of Medicine, University of California, San Francisco, and serves on the staff of the Pacific Presbyterian Medical Center. He comments here on the dietary studies he and his colleagues have been conducting on patients with severe coronary heart disease.

Dr. Ornish, you presented some extraordinary and rather dramatic results of cardiovascular research at the recent national meeting of the American Heart Association in Washington, D.C. What are you finding?

For the last decade, my colleagues and I have been conducting cardiovascular research to determine—for the first time—if severe coronary heart disease can be reversed by comprehensively changing lifestyle, without using cholesterol-lowering drugs or surgery. Our interim data indicate that, for many people, it may.

Hadn't it already been proven that heart disease could be reversed? What's new here?

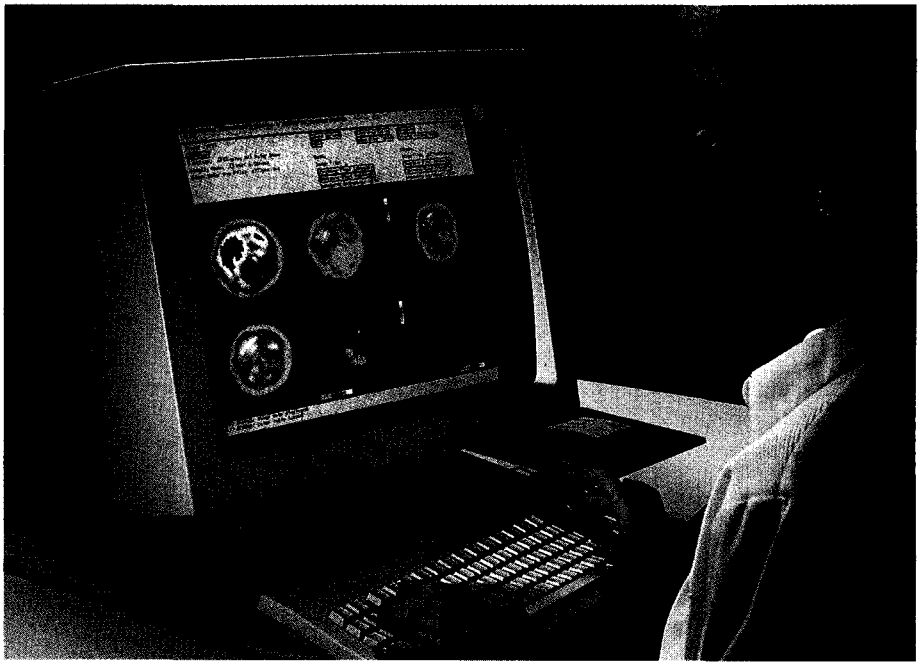
Although it's been shown in animals that lifestyle can cause or reverse coronary heart disease—in dogs, pigs, rats, monkeys, rabbits, and so on—never before has it been shown that lifestyle changes can reverse coronary heart disease in humans. Various people have speculated on this or claimed that it could, but without scientific proof. In fact, until now the technology for measuring heart disease in living people has not been accurate enough, while in animal studies the animals are sacrificed and the blockages in their coronary arteries measured. For humans we've had to use more indirect measures of the amount of coronary artery blockage.

Until recently, the "gold standard" for measuring coronary heart disease severity was coronary angiography, an invasive test in which dye is injected into the coronary arteries while an X-ray movie is made. Unfortunately, even this test is fairly imprecise.

Recently, however, breakthroughs in technology have made it possible to use computers to quantitatively measure the amount of blockage in coronary arteries during angiography, thereby allowing us to measure with confidence even small changes when they occur. An even more exciting test is called a cardiac PET scan, done by a $25 million machine, which now makes it possible to noninvasively measure even early heart disease, often years before it becomes clinically apparent. So, in a real sense, we are using the latest in high-tech, expensive, state-of-the-art medical technology to measure the power of very ancient, inexpensive, and low-tech interventions. And although we tend to think of breakthroughs in medical science as being the latest new drugs or surgical techniques, we are learning that these very simple and low-cost interventions may ultimately prove to be more powerful than drugs and surgery.

That's fascinating. Please describe in more detail what you are finding in your research.

In our current study, patients who have severe coronary heart disease are randomly divided into two groups. One group receives the usual medical care from their doctors, who usually prescribe an exercise program, stopping smoking, and more moderate dietary changes, along the guidelines of the American Heart Association



By looking inside a human heart using Positron Emission Tomography (PET), specialists are able to detect blockages in their patients' coronary arteries with 98 percent accuracy. Researchers are using PET scans in order to study the effects of dietary and lifestyle changes on patients with severe heart disease.

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recommendations. The other group undergoes more intensive and comprehensive lifestyle changes, including moderate exercise and stopping smoking, but also a diet that is much lower in fat and cholesterol. These patients are asked to follow a low-fat vegetarian diet with no animal products whatsoever, other than small amounts of nonfat milk or yogurt. Also, they are asked to do one hour each day of stress management techniques, including various stretching, breathing, meditation, imagery, and progressive relaxation exercises derived from integral yoga.

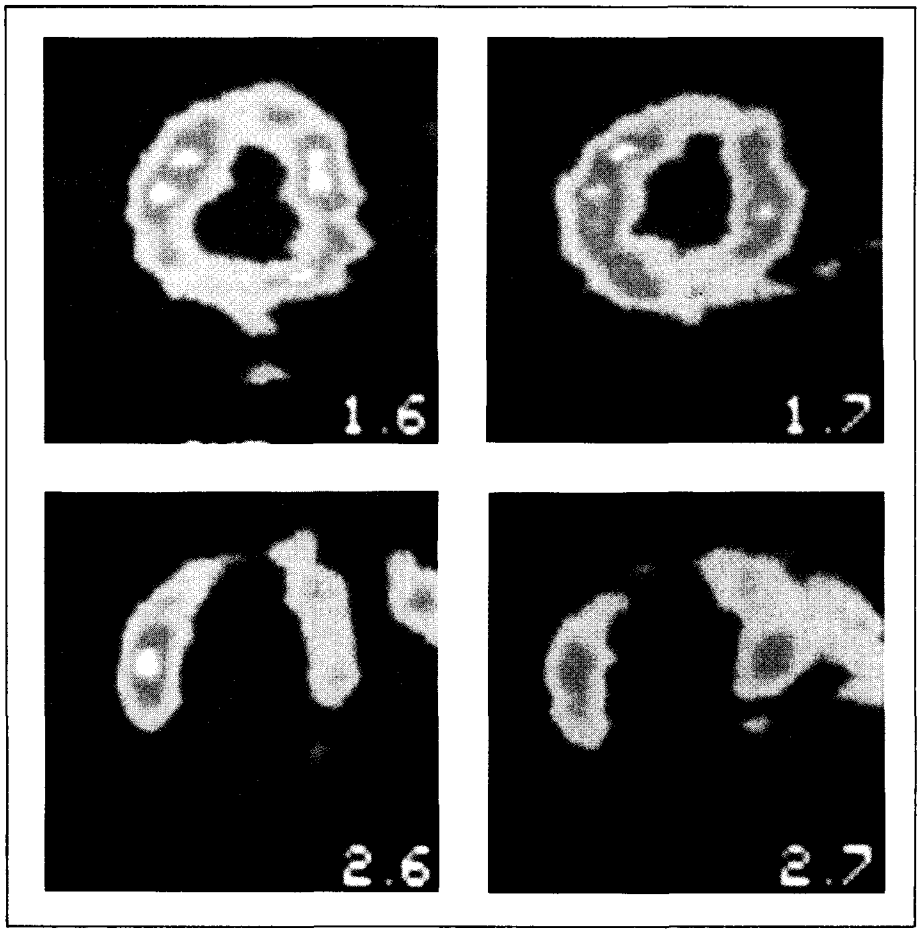
Both groups of patients are tested at the beginning of the study and then one year later, and the two groups are compared. Patients in both groups receive a quantitative coronary angiogram, cardiac PET scan, cholesterol and lipid tests, and other measures.

What are the interim findings?

So far, approximately two-thirds of the research patients have completed the first year and all testing. Almost all of the patients who have comprehensively changed their lifestyles have demonstrated some measurable *reversal* of coronary artery blockage and improvement in blood flow to the head, whereas the majority of patients who are following their doctors' recommendations are showing some measurable overall *worsening* of the coronary artery blockage and reduced blood flow to the heart. Also, we are measuring larger reductions in cholesterol levels than have ever been reported without the use of drugs or surgery.

Does this mean that the patients who comprehensively change their lifestyles are cured?

No, but it does mean that most of them are getting better, whereas the patients making more moderate changes are tending to get worse. So our research is telling us several things. First, people are more willing to make comprehensive lifestyle changes than we might have thought, especially if they know the benefits. Second, most people begin to feel better fairly soon after making these changes. For example, most of the patients in our study who had incapacitating angina—chest pain—now find they are able to exercise much more without pain, and most are essentially pain free. Third, people not only begin to feel better, in most cases they *are* better, and these improvements can be measured. Fourth, conventional recommendations for lifestyle changes may not go far enough, especially for those who already have heart problems.



The top PET scans show a heart at "rest" with a normal blood-flow pattern indicated by white, red, and yellow. The bottom images of the same heart under medically induced "stress" show a different picture: purple, blue, and green indicate blockages of blood flow to the heart muscle severe enough to have caused this patient to undergo bypass surgery. A healthy heart would show the same blood-flow pattern at rest and with stress.

Many corporations are becoming increasingly concerned about the exponential rise in health-care costs. Does your program have anything to offer in this area?

Yes. Last year, over *$7 billion* was spent on coronary artery bypass surgery, and increasing sums are being spent on coronary angioplasty. Cholesterol-lowering drugs like lovastatin (Mevacor) cost $2,000 to $3,000 per year, per person. Since there are up to 100 million Americans whose cholesterol levels are too high, placing everyone on cholesterol-lowering drugs like lovastatin would cost *$200 to $300 billion* per year! In contrast, I am becoming more and more convinced that for many people lifestyle changes alone may ultimately be more effective and more cost-effective.

What are the implications of your work and your findings?

Coronary heart disease still accounts for more deaths each year than all other diseases combined, including accidents, homicides, cancer, and AIDS. If our research continues to show that coronary heart disease can be reversed for most people, then it is not such a leap of faith to say it probably can be *prevented* for the vast majority of Americans. Forty percent of people who die each year from heart disease did not know they had a heart problem until they died from it—clearly, not the best way to find out. So no matter how good we get at treating heart disease, clearly we need to place more emphasis on

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HEARTBEAT

prevention of coronary heart disease.

What about the people who don't want to change their lifestyles? What's the matter with taking pills to lower cholesterol, and what's wrong with bypass surgery or coronary angioplasty?

There is nothing wrong with these approaches; it is really a question of what is most effective in the long run. But the problem with all of these approaches to treating heart disease is that they do not address the underlying *causes* of the problem, so the problem comes back, sometimes very quickly. I first got interested in doing this research when I was a medical student and learning to perform coronary bypass surgery with Dr. Michael DeBakey, the eminent heart surgeon. While it was thrilling to watch him operate, I noticed that many patients were coming back for second and third bypass operations.

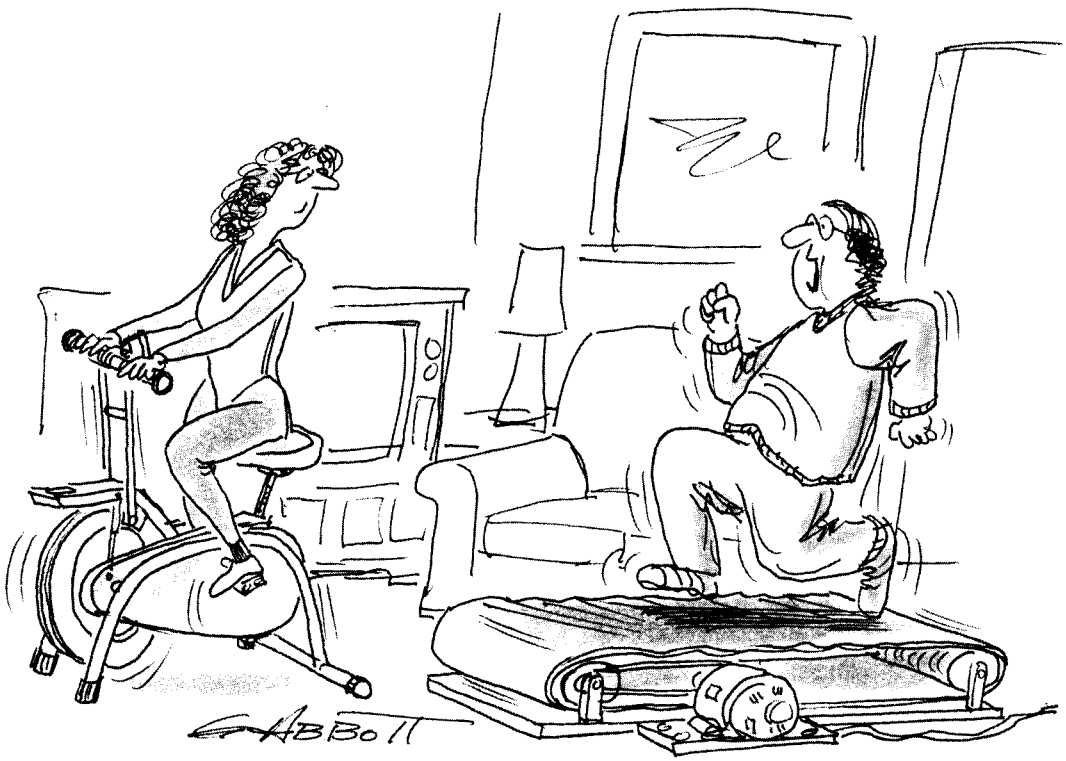
More recent studies show that, within five years, half the patients who have had bypass surgery need it again, because the bypassed arteries have themselves clogged up. And newer approaches, like coronary angioplasty, also can be lifesaving, but they are not sufficient for most people. One-third of the blockages dilated by balloon angioplasty have closed up again within six months. And although cholesterol-lowering drugs do help to lower cholesterol levels, they have to be taken for the rest of one's life, often at great expense and with frequent side effects.

So for me bypass surgery became a metaphor—*bypassing* a problem rather than dealing with the underlying causes, like mopping up the floor around an overflowing sink without also turning off the faucet.

I believe that the body has a great capacity to begin healing itself if given a chance to do so. Unfortunately, we often don't give it that chance. For example, three times a day we may eat more fat and cholesterol than the body can metabolize, so they build up in our arteries. Likewise, we never have a chance to recover from one emotionally stressful episode before we are hit with another. So by reducing the amount of fat and cholesterol in our diets and by learning ways of managing stress more effectively, our bodies can begin going to work on healing themselves.

Does this mean you advise patients not to have bypass surgery or angioplasty and not to take cholesterol-lowering drugs?

Not necessarily. My role is to provide people with accurate information that they can use to make intelligent choices. I try never to tell someone he has to change his lifestyle, because even more than feeling healthy, we all want to feel free to choose. Instead, I give information he can use to make an informed choice. If a person is unable or unwilling to make comprehensive changes in his lifestyle, I may recommend that he take cholesterol-lowering drugs or undergo surgery. And if someone comes into the emergency room complaining of crushing chest pain, I don't feed him vegetables and ask him to meditate—I use whatever invasive procedures and drugs may be necessary to help him survive a life-threatening situation. When he is stable, I inform him of his choices. But until recently we have not had accurate, scientific information upon which to base those decisions. ✖



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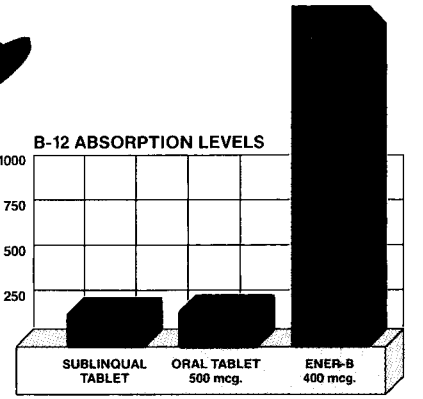

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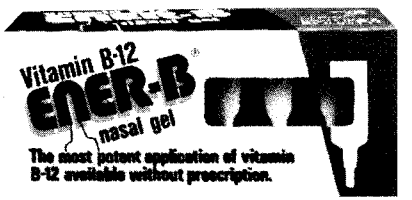

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DOLLY PARTON: HERE I COME AGAIN

The compassionate country singer from Pigeon Forge, Tennessee, is riding high once more with her album White Limozeen *and a soon-to-be-released movie,* Steel Magnolias.

by Holly Gleason

Dolly Parton is beaming. No other word will do. As she curls up on a couch in her office at Sandollar Productions, her face is framed by a cloud of platinum blonde curls that brushes against her pale skin and bobs when she giggles.

Her famous physique is covered in washed-out denim dotted with pastel sequins. One shoe rests comfortably in the corner. Parton couldn't be happier, what with the success of *White Limozeen*, her first out-and-out country album in years, and the upcoming release of *Steel Magnolias,* an ensemble film starring Sally Field, Shirley MacLaine, Daryl Hannah, and Olympia Dukakis. The movie explores how friendship sustains a small circle of women in the deep South throughout the exhilarations and tragedies of their individual and collective lives.

"I'm real proud of that film," Parton says. "I love the warmth and the honesty, the sweetness of living in a small town, which is what *Steel Magnolias* is all about. And I understand how everybody knows everybody else's business! They all backbite and gossip and tattle on each other, but you still have that bond like there's a family, because these people have all been through so much together. That *never* changes."

Dolly Parton knows a thing or two about small towns, having grown up in Pigeon Forge, Tennessee. That experience influenced her performance as Truvy, the busybody-peacemaker beautician in the small Southern town where the women live. The woman who has written songs about her poor but proud youth—"Coat of Many Colors" is the best-known—found drawing on her own life invaluable when she played the spunky owner of Truvy's Beauty Spot.

"If it hadn't been for music, I'd've been a beautician," Parton says, laughing. "Even if I wasn't in show business, I would have wanted all the glamour—and that's about the only way a girl in a small Southern town is going to get it, being a beautician. Or maybe I'd've been a missionary; I thought about that too, but where would I get my hair done?"

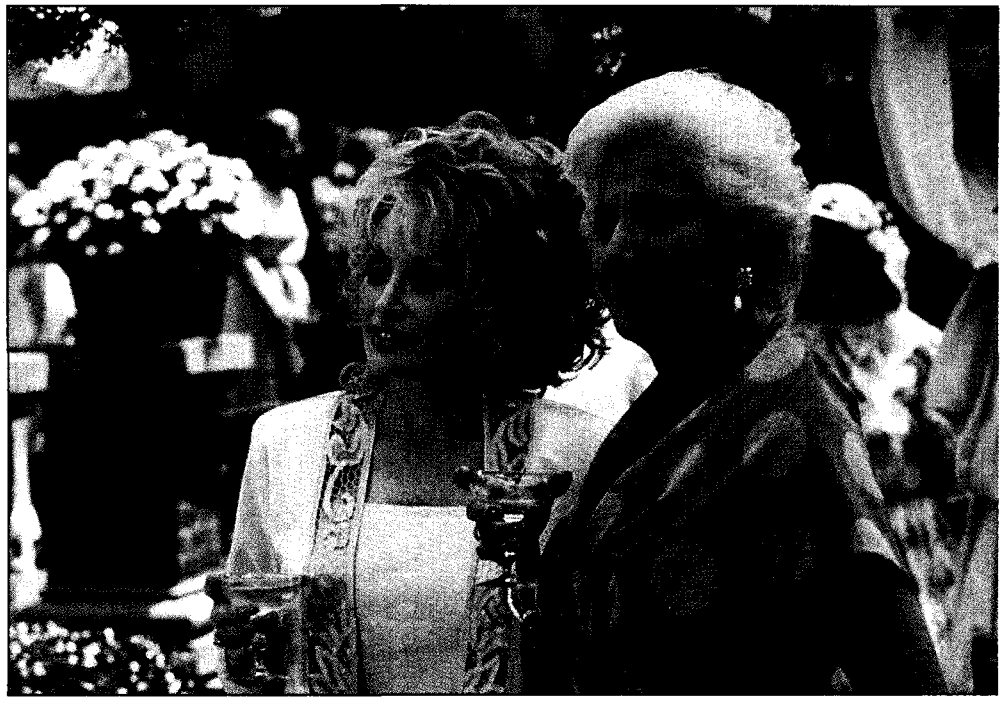
Parton, who's been known to joke in concert that it "takes a whole lot of money to look *this* cheap," is only teasing. She's proud of where she comes from, and she's proud of Truvy, the character she helped bring to life.

"This character is the most like myself," Parton says. "People say to me that this is the most serious acting they've ever seen from me. But, in a lot of ways, it was just me when I'm not so made-up."

Parton is so much like the advice-giving, gossip-slinging, always-an-ear-for-a-friend peacemaker she plays that when she stopped by the real-life beauty parlor that inspired Truvy's, it was only a matter of moments before the locals got over Parton's celebrity and began "dishing" as if they'd known each other for years. "Well, people are people," Parton says of the incident. "And I've always believed that if you're friendly and genuine, if you don't think you're any big deal, people will treat you that way too."

• • •

It's hard to imagine Dolly Parton being anything *but* a big deal. After all, she has recorded 50 albums since 1968; has had 15 singles going to No. 1 on the country charts and two of those topping the pop charts; and has



With Olympia Dukakis in *Steel Magnolias*: "It's a very special movie," Parton says. "It makes you laugh a lot, but some parts will make you cry your eyes out."

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earned three Grammy Awards, a slew of Country Music Association and Academy of Country Music awards, three Golden Globe nominations for her work in *9 to 5*, and a Ms. Woman of the Year Award in 1986.

Yet Dolly Parton has never been one to focus on what's happened. She's more concerned with what's next. Even with "Why'd Ya Come In Here Lookin' Like That?" becoming her first No. 1 country single in years and a sold-out concert tour taking her across the country, it's obvious that as much as the twanging songwriter loves performing, her mind is consumed with thoughts of other projects.

And no wonder. As much as country artists love to open amusement parks, Parton is the only one who can say that hers is successful. Dollywood, situated in the hills of Pigeon Forge, is as down-home as the woman it's named for. Mixing elements of her mountain heritage (from handicrafts to music to food) with the usual rides, the park offers people a look at Appalachian culture.

Although Dollywood certainly provides jobs for the local people, Parton's commitment to the area is far more aggressive, and it reaches beyond the obvious. In 1987, she became the national spokesperson for the Dr. Robert F. Thomas Foundation—named for the doctor who delivered Dolly. (His payment? A sack of potatoes.) The foundation's Sevier County Hospital was planned as a prototype for all small communities. Last year, she launched a scholarship foundation to help support continuing education among students in Sevier County.

After 50 albums and 15 No. 1 hit singles, Parton has her own opinion of how she hopes fans will view her music: it's not country or pop—it's just "Dolly."

"We're trying to find ways to keep the kids in school," Parton says, leaning closer for emphasis. "We're struggling with what we *can* do, because Sevier County has the highest dropout rate of anywhere in the United States. That's because a lot of the kids are poor and don't have a lot of clothes to wear—and their parents didn't go to school, because they'd've had to stop working to do it. In fact, a lot of these kids have to work too, because their families need that money coming in. All those things combine and they just don't view it as important, because 'My dad didn't go to school, so why should I?' "

There's empathy in Parton's voice—she grew up in the same environment, under the same conditions—but it's tempered with determination. "I didn't like school, either, and I understand how kids drop out," she concedes. "I wanted to stay in school because I felt it was important, because if my career went the way I wanted it to, I'd be working with all sorts of people and I'd need to know things. And it was also my discipline. I knew if I dropped out, I'd probably not make it in the music business either. My attitude was 'If I quit on that, I'll probably quit on something else down the road.' But most of these kids don't have that reason to stay in school, which they've got to do if they want to be able to get better jobs. I've seen how hard it can be [without an education] and how it can stall people with that kind of better intelligence."

Caring is something that Dolly Parton does well. She learned it growing up in a large poor Southern family. It's essential to who she is. "The reason I think I work so well with

On the set, costars like Daryl Hannah become part of Parton's "extended family."

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women is because I have so many sisters and aunts—and they've all got different personalities," Parton says. "I'm able to look at other women I work with as an extended family.

"And I've had some wonderful luck! With Jane [Fonda] and Lily [Tomlin, her *9 to 5* costars], because we were all strong women and we all knew who we were, things couldn't have been better. It was the same way with Linda [Ronstadt] and Emmylou [Harris, with whom she recorded the nearly platinum *Trio* in 1987]—we knew what we were each about, so nobody was threatened or needed to prove anything to each other.

"Even with all the women on *Steel Magnolias*, we never got into *any* of that. We were all pretty much in the same shape: playing Southern women, the clothes weren't great, the dressing rooms were exactly the same, and we all had a certain amount of celebrity, so nobody had anything to prove to anyone else. . . .

"Consequently, we were all able to get on with being friends, and there were really no favorites. We'd get together for hen parties—we were just a bunch of old hens, talking about our cramps, life as we knew it, and then the young ones talking about life as they'd hoped it to be. Those are the kind of things that make an experience like this extra special."

Working keeps her sane, she says, and she's learned to accept the setbacks as well as the successes that go with a show biz career. Even when her much-touted TV variety show was panned by critics and fans, she shrugged off the defeat. "To me, the end of a show isn't the end of my life, it's just work, the end of a job. And while it's disappointing, it *didn't* cripple me like they keep writing.

"And I'm not embarrassed that I tried, either," Parton says of the endeavor. "I think I'd've been embarrassed if I hadn't tried. But when one thing ends, there's always other opportunities waiting. . . ."

Like *White Limozeen,* a concert tour, *Steel Magnolias.* And Parton's finding there's a certain continuum developing among all of her projects. After years of struggling to make it as a country artist, she's now able to bring country consciousness to a world that stretches far beyond the traditional country audience.

Current success is measured not in "hardware" but in the number of scholarships funded by her Dollywood Foundation.

"I had to leave country because I wasn't making any money," Parton admits bluntly. "I was a big star, but I wasn't making anything. I wanted to have a broader appeal, to bring people into country music who might not have listened otherwise. I always knew I was country—and nobody was ever going to deny that. Nobody could ever take that from me, either. So with that knowledge, I went forward."

She adds, "Besides, I like the idea that I'm able to expose people to country music and country people, just so those folks who don't know firsthand can see that everybody from the country isn't a hick or Hollywood's version of a hillbilly."

And though regional pride wasn't the reason Parton did *Steel Magnolias*, she couldn't help finding herself as a one-woman booster committee for the part of the country she still calls home. "I know I felt the need to explain certain things with the South," Parton admits. "I felt responsible for explaining the weather—'Well, you know, it's hot down here in the summer.' You want to protect and defend it, because it's yours and you understand it.

"It's just like when the people are extremely friendly, you explain that it's just how people in the South are," she says. "They're not trying to invade your privacy or get close to you because you're a star; they just want you to feel welcome—and it's one of the things that filming in Louisiana gave us, that true sense of the South."

The afternoon almost gone, Dolly Parton stretches her arms over her head and collects her thoughts. Although she's done so much, she hasn't lost her drive. She speaks of publishing a book of her stories, and she finds she's enjoying the concert circuit. There are songs to write, records to make, a few movie projects to consider—and maybe even another television show.

"I just hope I'm able to keep doing good work," Parton says. "And most importantly, I don't have any desire to do things that aren't true to me. True to me is being a country person with a country accent—and there are so many possibilities that still haven't been touched."

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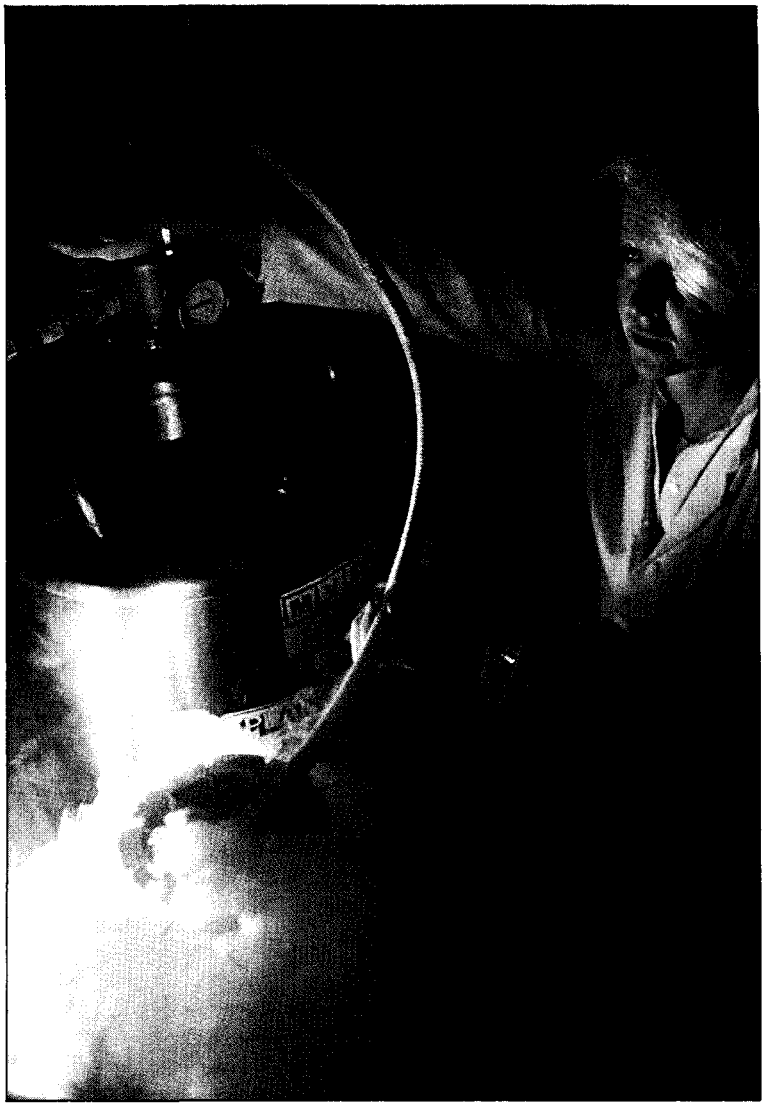
THE CASE OF THE FROZEN EMBRYOS

Increased use of cryopreservation, a technique for freezing human embryos for later implantation, has generated a host of new ethical and legal problems.

by James Lieber

In 1981 Elsa and Mario Rios, a wealthy California couple who wanted to have a child, sought the services of the Queen Victoria Medical Center fertility clinic, in Melbourne, Australia. Each had had a child from a previous marriage, though Elsa's 10-year-old daughter had recently been killed while playing with a gun. Elsa, 37, was treated with fertility drugs, and three developing eggs, or oocytes, were surgically extracted from her ovaries. The eggs were combined in a petri dish with sperm from an anonymous donor (her 54-year-old husband was infertile). One resulting embryo was placed in her uterus. The others underwent cryopreservation, a process of freezing in liquid nitrogen. After ten days Elsa spontaneously aborted. Distraught, she decided against becoming pregnant again soon. The Rioses were killed in a plane crash in 1983. They died without wills, leaving an estate of $8 million. Among the "survivors" were the two frozen embryos.



Preserving human embryos in liquid nitrogen is established procedure in fertility clinics around the world. Some leading clinics abroad now implant only frozen embryos, in the belief that those that survive freezing and thawing are the hardiest and the most likely to survive a pregnancy.

New ways of creating and defining life captivate modern societies much as intricate and bizarre murders once did. Like Baby M, and the Parpalaix case in France (in which a widow successfully sued to become inseminated with sperm collected before her husband's death), the Rios embryos became the subject of an international soap opera and debate. Did they have a stake in the estate? Were they part of it? Did they have a right to be gestated? Women from Australia and abroad volunteered to be impregnated.

The State of Victoria empaneled a blue-ribbon committee, headed by Louis Waller, a law professor, which concluded that the embryos should be destroyed. The Australian right-to-life movement and the Catholic Church insisted that the issue of the "orphan embryos" be brought before Victoria's legislature, which subsequently passed a law preserving the cells in case another couple in the Melbourne infertility program wanted them.

Because cryopreservation, or cryo, techniques were not well-developed in 1981, the embryos' chances of surviving a thaw are believed by medical researchers to be less than 5 percent. And the California courts disqualified them from making any claims on the Rioses' estate under a state law requiring that a child beneficiary be born or in utero at the time of the parental death. In 1989 the Rios embryos, still tanked in liquid nitrogen, remain controversial.

With the increasingly sophisticated use of programmable freezers; of such cryoprotectants as dimethylsulfoxide and propylene glycol, which cross cell walls and act like antifreeze to prevent crystallization; and of the synchronization of

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cooling to the optimal stages in embryonic development, cryopreservation has become a fact of life.

Freezing is on its way to becoming a common adjunct to in vitro fertilization, or IVF. Of the hospitals and clinics reporting to the American Fertility Society's IVF Registry, 9 used freezing in 1985, 15 in 1986, and 39 in 1987.

When a woman undergoes IVF, she receives fertility drugs, which stimulate simultaneous development of a number of oocytes (ordinarily only one at a time will develop). Upward of 40 eggs, or ova, have been removed at one time from women taking fertility drugs, though 5 to 10 is the usual range. Then these ova are drawn out of the ovarian follicles with a hollow needle inserted through the abdomen or the cervix. Performed under local or general anesthesia, the procedure entails a slight risk of tubal or ovarian damage. Fertility drugs cause mood swings and irritate the uterine lining, probably making it less than normally receptive to implantation by an embryo. But using them makes it possible to implant more than one embryo at once, which, studies have shown, makes impregnation more likely.

Without cryo, a woman must take drugs and go through an egg extraction every time she undergoes IVF. If a clinic uses cryo, perhaps two or three "fresh" embryos will be implanted and the rest will be stored. If the woman does not conceive, she can return for an implantation of thawed embryos at a favorable time in her menstrual cycle without taking the fertility drugs again, experiencing their side effects, and then going through another egg extraction. A full IVF cycle costs $6,000 to $7,000; thawing embryos and implanting them costs about $1,000.

Moral Questions

For all its flexibility, cryopreservation presents profound moral questions. The 1987 Vatican edict on reproduction saw freezing as showing insufficient respect for human life—a curious position, considering that the procedure will allow more children to be born.

American clinics froze 289 embryos in 1985, 824 in 1986, and 3,715 in 1987, and the numbers continue to climb. Some couples banking embryos will not use them all, because of success with "fresh" IVF cycles. Other would-be parents will die, divorce, adopt, become disabled, or simply grow weary of the financial and psychological costs of continued rounds of thawing and implantation. Not surprisingly, questions stemming from the Rios case remain current: Should spare embryos be donated for adoption, or should they be destroyed or even used in experiments? And who should decide: the woman, the couple, the clinic, the state?

Neither the debate between the pro-choice and the pro-life factions nor

In August the estranged husband of Mary Sue Davis filed to stop her from having an embryo implanted. It was America's first highly publicized embryo custody case.

its jurisprudence furnishes answers. Under *Roe v. Wade* a woman has the right to an abortion on demand during the first trimester of pregnancy because her control of bodily privacy, according to the Supreme Court, outweighs the value of the early fetus. But a frozen embryo is outside the womb, so physical privacy is not an issue. And the continued existence of such an embryo does not depend on the woman's body. Formed in a petri dish, it is no more a part of the woman's body than of the man's.

Those who would apply a pro-choice framework suggest that concerns about privacy, albeit not physical privacy, should give progenitors the right to decide the fate of the embryos, which, as the Planned Parenthood Bioethics Advisory Panel has noted, "could be brought into life under circumstances and at times unenvisioned by their creators."

The pro-life position is no more useful, because frozen embryos, unlike those in a uterus or a laboratory culture, are not fully alive. Nothing can live in liquid nitrogen. Nor are they exactly dead, because more than half can return to life when thawed. "We have a real category problem," says Dr. Kathleen Nolan, of the Hastings Center, a bioethics think tank in Briarcliff Manor, New York. Some suggest that frozen embryos be viewed as property. As Kenneth Alpern, a professor of philosophy at DePaul University, puts it, "The question may be whether you have the right to determine if there is a piece of yourself in the world." Under American law a person owns his organs and may choose to donate them through his estate and in certain other limited situations. But no consensus exists about whether embryos, which are not organs of the body but potentially complete persons, can be possessed.

In *Del Zio v. Presbyterian Hospital,* in 1978, a New York jury heard a case involving an embryo formed in vitro by a physician lacking institutional authority. Without the consent of the couple who provided the sperm and the ovum, a hospital official destroyed the embryo. The jury awarded the wife $50,000 for emotional distress but did not recognize her ownership of the embryo. Of course, a single trial is not binding as precedent. To Nolan, "the real issue is who is responsible for the frozen embryos, not who owns them."

The problem is being worked out in various ways publicly and privately. In 1986 Louisiana enacted legislation defining any "in vitro fertilized ovum [as a juridical person] . . . which shall not be intentionally destroyed." The state recognizes no ownership interests in the embryos but makes physicians responsible for them. Though not as clear as Louisiana's, the laws of certain other states could be read to forbid the destruction of any in vitro embryos, fresh or frozen. In 1983 the Boston district attorney issued an opinion that the Massachusetts fetal-research law did not forbid in vitro fertilization, provided that all viable embryos were implanted in women. The same year, an Illinois federal court let stand a similar opinion by that state's attorney general.

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Infertility specialists and pro-choice advocates say that such laws infringe procreational freedom. John Robertson, a law professor at the University of Texas and a member of the ethics panel of the American Fertility Society, deplores the legislation but concedes that it could be found constitutional, because *Roe v. Wade* specifically permits destruction only of fetuses physically connected to their mothers. Strangely, the coexistence of *Roe*'s pro-choice options and state laws protecting embryos means that a woman intent on destroying extra embryos legally might need to have them implanted and then aborted.

Because of the Rios imbroglio, most clinics present couples with a simple choice about extra frozen embryos: donation or destruction. At Albert Einstein Hospital, in Philadelphia, couples are given the usual two options plus a controversial third—experimentation—if allowed by law. At present, however, Pennsylvania is among at least a dozen states that forbid nontherapeutic procedures on embryos and fetuses.

Benefits of Embryo Experimentation

Frozen cattle embryos are selected or rejected for implantation according to the sex, the presence of adequate amounts of growth hormone, and the absence of blood disorders. Theoretically, human embryos could be chosen for desirable traits or even enhanced genetically.

The specter of genetic engineering, including cloning and hybridization with other species, probably shocks most people. But some experiments that have already been performed on embryos and fetuses have been beneficial. For example, in 1963 the immersion of 15 fetuses in a salt solution to test their ability to absorb oxygen through the skin led to the design of life-support systems for premature infants.

Today, some researchers believe, experiments with IVF embryos in various culture media could yield a closer approximation of the natural uterine environment and enable more embryos to live after thawing. And the development, on embryos, of microbiopsy techniques for DNA analysis would provide a better understanding of such hereditary diseases as sickle cell anemia, Down's syndrome, and Tay-Sachs disease, and might ultimately result in "gene therapies" that would erase these conditions—by re-sequencing the nucleotides (the building blocks of DNA), for example.

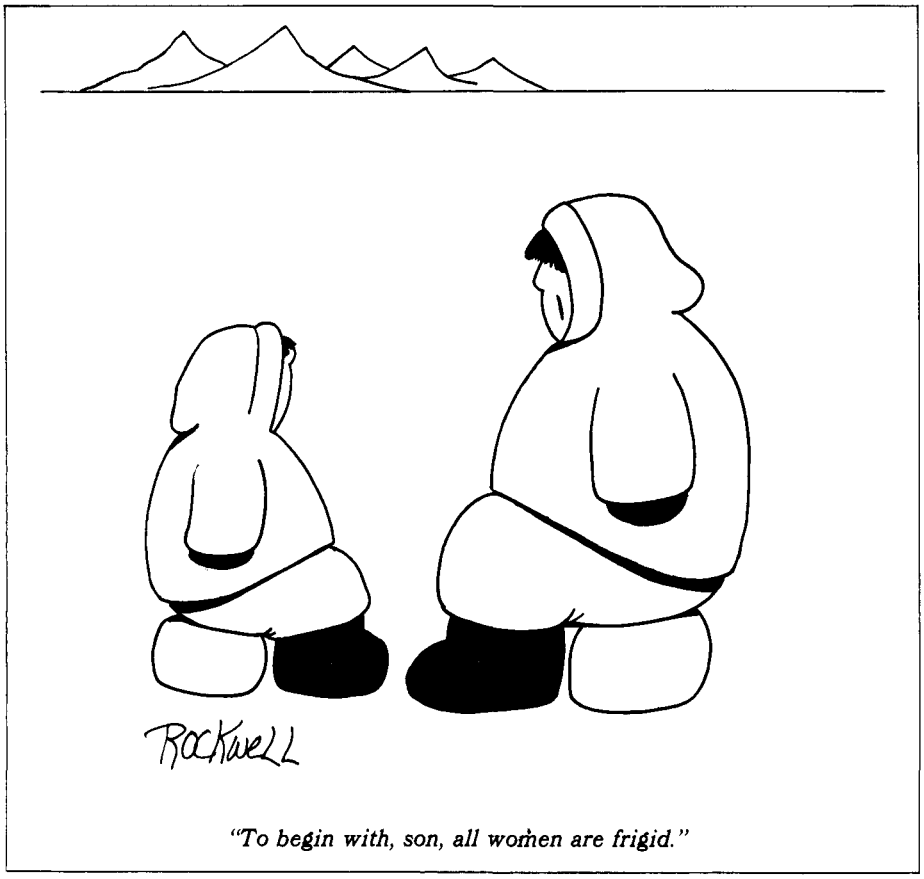
Currently, little if any experimentation is performed on embryos in America, because of state laws and the absence of federal support. In 1978 the U.S. Department of Health and Human Services convened an ethics advisory board to review all grant proposals in the area, and was prepared to fund research on in vitro embryos that had not reached the 14th day of development, which is when the embryo acquires a distinct symmetrical shape and also when implantation would normally occur.

In 1980 Washington allowed the ethics advisory board, which had become a political hot potato, to pass out of existence. Last September the Department of Health and Human Services announced that it was taking steps to reconstitute the board. Eventually, guidelines for research on embryos, and funding as well, may flow from Washington. Dr. Zev Rosenwaks, who heads the IVF program at New York Hospital-Cornell Medical Center, says that the profession would prefer that the government not try to direct couples' decisions about donating or discarding extra embryos, but would welcome federal clarification of the limits on experimentation.

When the freezing protocols began in the United States, most couples were expected to choose to donate rather than to discard, and they seem to have done so. At the Cleveland Clinic the donation rate exceeded 80 percent. Some embryos have sat in liquid-nitrogen canisters, which look like portable picnic coolers, for more than three years. "We don't know why couples don't come back to use them," says a cryobiologist at the Cleveland Clinic. About the possibility of eventually having to dispose of embryos she had formed and frozen, she adds, "I feel very odd about it. It's a very awkward situation."

The American Fertility Society takes the position that cryo programs should not preserve embryos "for longer than the reproductive life of the female donor." Some programs specify that embryos are to be discarded within a set number of years, usually two to ten, after the female donor's menopause, if no one has adopted them.

David Ozar, a philosopher writing



"To begin with, son, all women are frigid."

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in the *Hastings Center Report*, spoke for other IVF critics as well when he objected to "reasons of economy and efficiency" as a basis for "a policy of disposal," since embryos have "a potential for full human life. Indeed it is precisely because of that potential that they were frozen in the first place."

Properly stored, frozen embryos are quite stable. They could be thawed for use in 10 days or 10,000 years. Some experts have suggested, not altogether whimsically, that frozen embryos would be ideal long-distance space travelers, provided that an artificial womb (whose technology has been under discussion since the 1920s) could be developed, along with a means of caring for the children who emerge from that artificial womb. A more daunting problem might be to build eternal-care facilities on this planet.

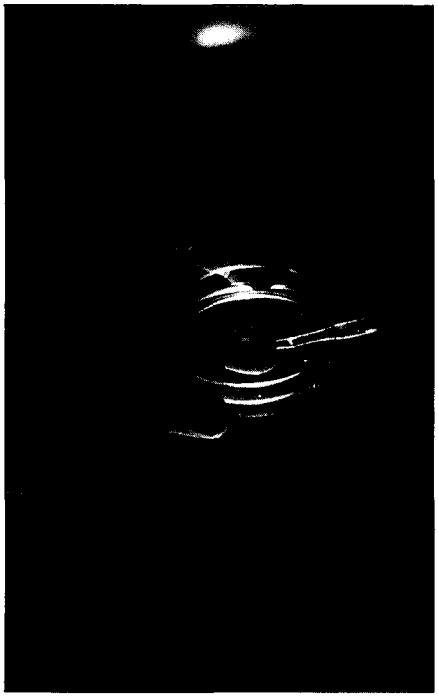
Cryopreservation of Ova

In the 1990s some of the women who have participated in cryo programs will begin to enter menopause, and some leftover embryos will have to be discarded. Judging from the uproar over the Rios case and the impassioned back-and-forth in scholarly journals, one of the most wrenching new moral controversies since the abortion debate began could erupt in this country.

The frozen-embryo issue, unlike the abortion issue, may have a resolution. While many people value or even revere life from the moment of conception, few have strong feelings about gametes—unfertilized oocytes and sperm cells. Over the course of a life an average male sheds trillions of sperm. A woman's ovaries contain about 300,000 eggs, only a few of which will be fertilized. Partial rather than complete packets of genetic material, gametes are for the most part wasted, and almost no one mourns the loss. If gametes, rather than embryos, were frozen, couples in infertility therapy would have the flexibility that embryo storage provides without the ethical problems. In other words, the eggs and sperm could be thawed and combined into embryos for implantation as needed.

Scientists have been successfully cryopreserving human sperm since the 1950s. But ova are far more delicate. One reason is that an ovum contains a great deal more cytoplasm, or cellular fluid, than a sperm, which is basically just a strand of DNA with a whipping tail. The more cytoplasm in a cell, the greater the likelihood that it will undergo crystallization, which will destroy it.

Unfertilized oocytes are also more delicate than embryos, because they contain structures called meiotic spindles, which hold their chromosomes in place. The spindles are easily damaged by freezing and thawing, which can result in a condition called aneuploidy—an abnormal number of chromosomes—which can stop further cell division or cause birth defects.



An egg fertilized in vitro can be frozen and preserved for later implantation.

During the Rios affair, the Australian Waller Committee "warmly encouraged" the development of freezing techniques for human ova, adding that if the research is successful, the "whole subject" of embryo cryopreservation should be reviewed. In recent years experimenters have begun to focus on the cryopreservation of eggs. The most striking, and, I think, an unprecedented, aspect of the studies now appearing in print is that the researchers make plain that ethical, rather than medical or physiological, questions impel their work.

Work on human oocytes has been done in France, West Germany, the Netherlands, and Australia. The first human births—of twins, both normal—resulting from such work took place in 1986 in Australia. At least three other successful births from frozen ova have been reported since.

Though encouraging, the existing studies are too small to generalize from, and worries about chromosome damage remain. Dr. Martin Quigley, who heads the Cleveland Clinic's IVF program, feels that with proper research frozen ova could be used clinically in the United States in three to five years. No state or federal laws prohibit experimenting on gametes, provided that they have not been joined by fertilization. The major source of medical research grants is the federal government, which has been loath to fund research involving in vitro reproduction.

"The private sources of funding are tapped out," says Richard Marrs, who was the first in this country to successfully freeze, thaw, and implant human embryos but now favors cryopreservation of eggs. "Two or three major competitive grants definitely could speed things along," he says. A good sign that the federal government might be receptive to underwriting the work came last fall, when the National Institutes of Health requested grant proposals for improved methods of freezing sperm.

The world's largest consumer of in vitro procedures, the United States, has about as many frozen embryos in storage as all nine other nations that use the procedures combined. This country should do what it can to hasten the development of gamete freezing, not only in order to head off an ethical and political storm but also because it would bring a new kind of equality to women.

If a man must undergo radiation or chemotherapy that might genetically alter his sperm or render him sterile, or if he decides to have a vasectomy, he can freeze his sperm to preserve his reproductive options. A woman, however, needs the cooperation of a man to make future use of her eggs, which cannot now be stored unless they are fertilized. And because aging oocytes produce the highest incidence of chromosomal abnormalities, a woman might wish at 25 to freeze some of her eggs for fertilization and implantation later. Until the time of menopause she could be confident about delivering a healthy baby. Freezing eggs could add more than a few ticks to her biological clock.

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Caray stretches out of the broadcast booth to lead Cubs fans in an off-key chorus of "Take Me Out to the Ball Game." Caray's coast-to-coast popularity on superstation WGN was a major factor in his recent induction to baseball's Hall of Fame.

HOLY COW! IT'S HARRY CARAY

The designated voice of the Chicago Cubs tells why he hasn't found a better way to make as much money or have as much fun.

by Charles P. Miller

Baseball just isn't baseball without hot dogs, peanuts, and beer. At Chicago's Wrigley Field, a Cubs game just isn't a Cubs game without Harry Caray's taking the microphone during the seventh-inning stretch and leading the fans in a rendition of "Take Me Out to the Ball Game."

"A one! A two! A three!" he yells as 37,000-plus roaring fans take deep breaths.

Take me out to the ball game;
Take me out with the crowd.
Buy me some peanuts and Cracker Jack
I don't care if I never get back. . . .

Caray's voice is nearly muffled by the crowd. "But that's the whole idea," he said after singing his tune. "I'm so bad that they have to sing loud enough to drown me out."

The ditty has become a trademark of the blustery Chicago Cubs broadcaster. Every home game during the season, Caray goes to the "Friendly Confines" of Wrigley Field and revs up the crowd. He doesn't eat peanuts or Cracker Jacks, but if he had his way, he would never get back.

"I have the best job I could possibly have," Caray said from his summer home at the Ambassador East Hotel in downtown Chicago. "I love baseball, and I love the fans. And I love the Cubs. I haven't found a better way to make as much money and have as much fun."

The 45-year veteran announcer has been the voice of the Chicago Cubs on WGN-TV and WGN-AM radio since 1982. Caray's major league broadcasting career began with the St. Louis Cardinals, bringing him his first taste of national fame. After 25 years of doing the Cardinals games, he spent a year with the Oakland Athletics before moving to the Chicago White Sox. After a decade, Caray quit when the management broke up his longtime partnership with the controversial Jimmy Piersall. He also spoke out against moving the White Sox broadcasts to cable television while the Cubs broadcast their games locally for free.

"I told them that it was crazy,"

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Caray said. "So I picked up the phone and called the Cubs. The Cubs, within a day, had hired me. That's where I am now, and that's where I plan to be for a while."

The move from Comiskey Park to Wrigley Field boosted Caray's already-prospering career. Budweiser commercials with Caray on the dance floor singing "I'm a Cub fan! I'm a Bud man!" have appeared nationally on television and in magazines. The fishing net he waves from the broadcast booth to catch foul balls attracts cameras each game. Then there is his boisterous "Holy Cow!" after each Cubs home run. Viewers expect it, and other sportscasters mimic it. A soft drink was even named after it.

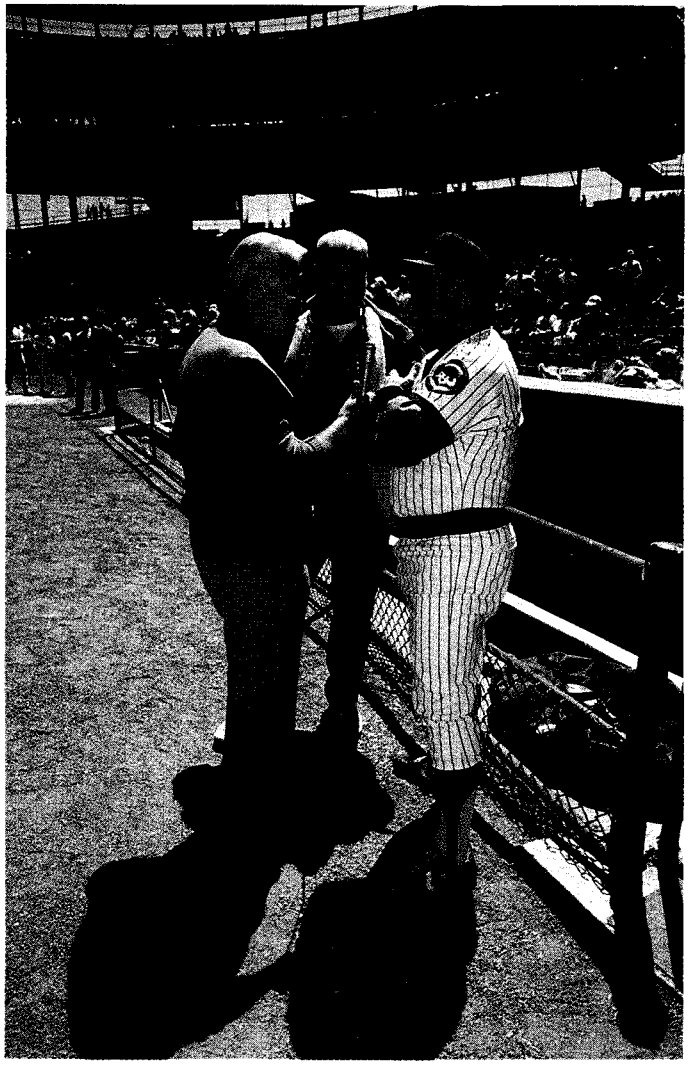
The play-by-play man loves the attention from the media and the fans; it keeps him going, he said. His peers have honored him by naming him the 1989 recipient of the Ford C. Frick Award, given to great broadcasters of the game. Baseball inducted Caray into the broadcasters' wing of the National Baseball Hall of Fame on July 23 in Cooperstown, New York. Caray joined 12 other broadcasters in the Hall of Fame. Among them are Mel Allen of the New York Yankees, Vin Scully of the Los Angeles Dodgers, Jack Brickhouse of the Cubs, and the late Bob Prince of the Pittsburgh Pirates.

The 70-year-old announcer called his trip to Cooperstown long overdue: "I don't know what took them so long, but I don't really care. I know I have offended plenty of people in my broadcasts because I am political, even with my own team. But I've never felt that I worked for the guy who owns the team, or the manager or the general manager or the star players. I feel I work for the fan."

To some fans' delight and others' dismay, Caray makes that obvious. Even before gaining national exposure, Caray made candor a practice during broadcasts. He claims to have been the first to condemn the home team during games. He has criticized umpires' calls, has attacked players' performances, and has even spoken out against the commissioner of baseball. He's not afraid of anyone, he says, not even his boss.

Year after year, fans and sportswriters speculate on Caray's future with the Cubs. And year after year, he returns. "I got away with it, and I kept getting away with it. By starting out the way I did, I feel that I've been so strong as the fans' representative that the ball club would have to think more than once before they fire me," Caray said.

Although fortunate himself, Caray does not equate criticizing the home team with job security: "Today there's a little more freedom, but not very much. The announcer knows that if he turns his home team off so far as the president, the owner, whatever, he'll be fired. That's why you don't hear as much outspoken criticism as you should."



The "Voice of the Cubs" reports to Wrigley Field hours before airtime. Favorite pregame duty: interviewing Cubs manager Don Zimmer.

In 1987, Caray's future in broadcasting was threatened by something other than his criticism. He suffered a stroke that, for a short time, prevented him from moving his right arm and leg. With the help of his wife, Dutchie, and support from thousands of fans, Caray returned to the broadcast booth on May 19, 1987.

He now dismisses the stroke as a bad memory. His health has improved, he's lost weight, and he is back to doing what he loves—talking about baseball. "I feel great," he said. "I don't even want to talk about the stroke anymore. Why bring up something I'd like to forget? Now all I want to do is my job, and that's bringing baseball to the fans."

His ability to make the game interesting, even if the Cubs are being blown out in the top of the eighth inning, is an attribute. During lulls in the ball games, he announces birthdays and anniversaries of dozens of fans in the crowd, baseball's version of Willard Scott's routine.

Fans visiting from all over the country send notes to the TV booth above home plate to tell Caray they traveled so many miles to see the Cubs play at Wrigley Field. He sifts through them for handwriting he can decipher. Between pitches he tells millions of viewers that Mr. and Mrs. Shaw from New York are celebrating their 31st wedding anniversary. Or he may recognize the University of Iowa's football team for making it to a game.

Each game day, Caray, his broadcast partner Steve Stone, and a production assistant cram into the tiny WGN booth overlooking Chicago's north side. Just minutes later, it's time for Caray to go on the air for a pregame message.

Stone and the assistant leave to make way for the cameraman. Caray clears his throat. Every few seconds he speaks into the microphone in reply to a message he hears through his earplug. He clears his throat again; this time it's

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THE WRONG STUFF

Putting words between punctuation marks is hard enough . . . without your wife's throwing a sheet over you if company comes.

by Maynard Good Stoddard

Illustrated by Don Trawin

"The writer's way is rough and lonely," to quote the late Dorothy Parker, "and why would anyone choose it when there are vacancies in more gracious professions, such as cleaning out ferryboats?"

My answer to that is: the writer's way might easily reach the high estate of a ferryboat janitor if only the writer would get a little respect when he is working. We're talking here of distractions from his mate, by the kids, by the kids' kids, even by the dog and the cat. Put them all together, and they spell *m-u-r-d-e-r,* a word that means like trying to write in a revolving door.

I give my dear wife credit (why not —every store in town has): when an odd job around the house might take me from my desk, she will spare me by doing the odd job all by herself. And an odd job it is. Given a right way and a wrong way to do it, she calls me from my desk because she has opted for the wrong way first.

I refer to the unassembled bookcase she assembled with the unfinished side panels at the top for all to see. The lovely finished ends were resting on the floor, to be enjoyed by the carpet weevils and perhaps a passing termite. I might also mention the stereo cabinet she labored over. The finished side of the back panel faced the wall, where to be admired the set would have to be turned around. Thanks to the glass doors in front, however, the unfinished side showed up nicely. And how can a man concentrate on nouns and verbs until these glaring errors are corrected?

Dear wife claims I tried to even the score by knocking over her lousy passionflower plant. The resulting discussion shot another morning's work. What happened was that her passionflower, perched so smugly on the plastic pedestal I had bought for my unicorn collection, had been lunging at me every time I walked past. This time when it made a pass at me, the poor thing (as I tried to explain) must have lost its balance. Just because the pot happened to strike my elbow on the way down, dear wife took it as evidence that I had nudged it off its perch. Just between you and me, however, that is one plant down and, at last count, 46 to go.

Now this isn't to imply that my dear wife is vindictive, but the next day, going into the kitchen for a decaffeinated-coffee break, I found her shaving the carrots with my one and only razor. Rising up on my hind legs, I remarked that my mother had always had good luck scraping carrots with a knife. I further politely suggested that if she preferred shaving to scraping, she could use her own confounded razor.

A narrowing of her nostrils and a little more cleave in her cleavage told me it would be wise to abandon the subject right there. She, on the other hand, was more than willing to continue. She informed me that her razor had been missing ever since I had scraped the flaking paint off the board fence. She further declaimed that if a he-man razor couldn't take a little scraping, then it was high time the Gillette people made one that would. And she demanded to know where I kept my blades—that one was pretty well shot. At which point, to my credit, I slammed nothing but the front door.

Maybe I'm too compassionate—I don't know. But I can't seem to concentrate when my marital relationship borders on a "Mr." and "Mrs." basis. One thorn in our marital flesh involves my dear wife's cat. I call her Lump. (The cat, that is. I haven't called my dear wife Lump since—I believe it was just before I got my upper partial.)

Anyway, my dear wife buys liver chunks for my dog, Brutus. Doing him a favor, you think? In a pig's eye. Brutus prefers beef chunks. It's her gluttonous cat that likes liver chunks for dessert after a hearty meal of Crunchie Wunchies, or whatever. The last time I caught her pampered pussy elbowing my dog away from his dish, my foot gently eased the arrogant beast ten feet or more over to her own dish. My reward for this justifiable act was freedom to get my own meals for the next two days.

After my bitter half leaves on her daily shopping spree to get sleeping pills for her cat or something equally vital, I can then begin putting words between punctuation marks, right? Wrong. This woman with whom I joined my plight in the trough of holy wedlock, or however that goes, doesn't know an air filter from a box of Shredded Wheat when it comes to cars. Consequently, when her car konks out on the highway, she looks up a telephone instead of looking under the hood. And does she call a mechanic? Don't be silly! Isn't old hubby at home doing nothing but staring at a blank sheet of paper in his typewriter?

"It went kawhing . . . kawhang . . . kawhung . . . and quit," she sniffled into the phone on this last (make that latest—heaven and I know it won't be the last) occurrence.

From this precise description I should have pinpointed the trouble right off, of course. But I had to let a $30-an-hour serviceman interpret "kawhing, kawhang, kawhung" as caused by buckeyes from our backyard tree. Thirty-eight, by actual count, or about a buck apiece, which some inconsiderate little varmint had stored in the air filter by squeezing itself up the air hose. So now the chore of checking the air filter for foreign matter before my mate takes off is added to my daily schedule.

After the most recent assault on my think buds (out of the blue she said,

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"By the way, your dog is senile"), I suggested I might as well close the lid on my old Remington Noiseless and just retire.

"From what?" came her ready response.

Come to think of it, in all the years I have been secluding myself in this book-lined pigeonhole—which I refer to on my tax form as a home office—I can't remember dear wife's ever being curious about what went on in here. The only reason she comes in is to throw a sheet over me if we're having company. To let her read about her foibles I reveal from time to time would be about as rewarding as exploring a wall socket with a wet finger.

Our kids, however, never took after my dear wife. They took after me—at every possible opportunity. I'm talking about their routing their train tracks around my desk and between my feet. I'm talking about their turning my desk into an intensive care unit for everything from a barbecued butterfly removed from the car grille to a toad one hop short of escaping the mower. I'm talking about their sticking bubble gum on my typewriter keys and their playing tiddlywinks with my paper clips.

When the last tiddlywinker had finally left home for college, I exhaled for the first time in decades and said to myself (I was talking a lot to myself by then): That is that. Somehow I had over-overlooked the possibility of our kids' eventually having kids of their own.

So once more my pigeonhole has been mined with toys on wheels that take me regularly from desk to filing cabinet in nothing flat. And I do mean flat. If I shoot past the filing cabinet, as I did once, my next stopping point is the door casing. But I had to be told about this incident —I was not myself at the time. Or for some time afterward.

The only time this rabble is quiet is when they are busily drawing and coloring unidentifiable objects on page after page after page of my legal pads, priced at 75¢ per. But how can I clamp down on the little prodigals when they so adoringly identify their unidentifiable objects as me?

Moreover, if moreover is necessary, they even outdo their parents when it comes to performing mouth-to-bill resuscitation on a defrocked cardinal or a mourning dove that isn't kidding. I give you the recent case of a box turtle as a prime example.

How recently the corpse had been a box turtle I can only speculate, because only the shell remained. Its being reduced to only a shell of its former self (which proves the state to which *I* have now been reduced), however, would in no way detract from the solemnity of its funeral, to which I had been solemnly invited.

Per instructions, I left my desk, poised pen still in hand, and stood at the kitchen door while the hastily recruited mourners, faces white with rampant dabs of talcum, filed past. On a sofa cushion, supported by four sniveling pallbearers, lay the turtle's remains. With much effort, as the procession shuffled past me on the way to the peony-bed burial ground, I managed to keep my composure,

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CARROLL O'CONNOR CALLS IT LUCK

by Glenn Esterly

The feisty actor's reluctant submission to a heart checkup turned into an eight-hour surgery that saved his life.

Carroll O'Connor has more money than he can ever use. He bought the out-of-sight-priced house right next to his own in Zuma Beach, California, for example, just so "some rock-'n'-roll star or other *loud* person couldn't buy it and screw up the neighborhood."

O'Connor has more fame and TV immortality as Archie Bunker than any TV star-institution, let alone a character actor like he'd previously been, could ever imagine.

For those who thought he'd never overcome being Archie forever in any audience's collective mind, he now has a successful TV series—"In the Heat of the Night"—playing a Mississippi small-town police chief, Bill Gillespie. The show has the unlikely status of finishing in the top 20 of Nielsen ratings, even though it's a rural one-hour drama (not precisely the most popular form these days), and even though it originally took on the seemingly unbeatable "Moonlighting" and has since survived a time-slot threat from that sitcom gorilla "Roseanne."

O'Connor also has a loving if sometimes mutually contentious 38-year-old marriage to a razor-sharp-minded woman (Nancy), and a 27-year-old son (Hugh), who's a late-blooming actor (he has a recurring role on "Heat"), despite severe previous misgivings about going into the business as "Archie's kid."

So is Carroll O'Connor happy?

Yes and no.

Mostly—except for a 65-year-old actor-writer-director's perfectionist streak about whatever he's currently working on—capital "Y" Youbetcha.

Upstairs, in the bedroom of the beach home, a word processor is waiting for him to write the first two episodes of next fall's "Heat" shows. The writer in him grouses: "All I have to do in the first two shows is credibly tie together the loose ends left at the end of last season: Joe Don Baker's character is facing a hailstorm of bullets; Lois Nettleton [Joan St. John, Gillespie's waitress-romantic interest] has been shot and appears near death in a hospital; and *I've* been kidnapped, apparently by white supremacists."

But aside from worrying about his own writing challenges and about getting more good writers to sign up for a show he thinks has been seriously underwritten during its 1½-season run, O'Connor sits at the dining room table of his home and declares, "I'm lucky." He shakes his head and reiterates softly: "Lord, I'm lucky."

Nancy O'Connor played a vital role in her husband's real-life medical drama. When he complained he had no time for a heart checkup, she told him, "Oh, just do it."

To be alive, he means.

Dressed seashore casual in a white shirt and Bermuda shorts, O'Connor unbuttons the shirt. "This isn't ghastly or I wouldn't show you," he tells the interviewer. A long scar runs down his chest. It's from his sextuple cardiac-bypass surgery in March, when surgeons at Emory University Hospital in Atlanta took his heart out of his body while he was kept alive on a heart and lung machine, placed the heart on a table, and repaired six clogged arteries. "It's like a mechanic taking a carburetor out of a car and fixing it," he says.

He stands for a moment and displays four more scars—one on each thigh, one on each calf—where veins were used to replace the heart arteries. "They take those veins and make the bypasses in the heart, reattach the heart in the right places, check out the old pump to see if it's doing the job, and when they're absolutely sure it's O.K., they sew you up," he says. "It's almost an eight-hour operation. It sounds fantastic, and it is."

The way in which the heart problem was discovered was improbable, if not fantastic. "My regular doctor was always after me to take a stress cardiograph, but I never had the time," O'Connor recalls. "I mean, on the series, I took the role on the condition that I could also be story editor [under the pseudonym Matt Harris] and have more control over the scripts." Renting a house in Conyers, Georgia, near the small town where "Heat" is filmed, O'Connor decided one day to consult with the physician MGM-UATV retained on location there about recurrent headaches (a common enough condition for story editors). "Dr. Patton told me I had a heart murmur. No big deal—I've known that since I was ten. People go their whole lives with

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heart murmurs and it doesn't mean anything. But he told me, 'Listen, I've got a cardiograph machine—a $350,000 piece of equipment, there's not a finer one in the land—and I'd like you to do me a favor and be the first celebrity to use it.' I told him I didn't have time—it takes all afternoon. He said, 'Come on, take tomorrow afternoon off; do it.' Nancy was there; she said, 'Oh, just *do it*.' "

So O'Connor found himself lying on a table for three hours the next afternoon "with a big donut thing around me that's the nuclear equivalent of an X-ray, thinking nothing of it 'cause I'd never had a pain in my chest in my life."

Forever Archie Bunker to TV audiences, O'Connor says he has a better feeling for his newest character, Chief Gillespie.

Then he heard the doctor consulting with Nancy and another physician: "I didn't like that." Then a Dr. Cruise, the heart specialist in town, said: "I don't like the looks of anything I've seen, and I want you to go to Emory University for an angiogram."

"*Whoops,*" O'Connor recalls. "He said there were arterial blockages. I got scared. I went the next day."

In Atlanta, "they had all the big guns there for me—Lyndon B. Johnson's doctor, see? He told me, 'We're the main people on this angiogram, this angioplasty. We perform more angioplasties than doctors do tonsillectomies. It's routine.'

"But then they came back and said, 'You've got too many blockages and they're almost total.' So it's got to be bypass surgery and they start in again with, 'This is kind of a routine operation for us, you know.' Meanwhile"—O'Connor sits up in a shaky, what-is-this stance—"Nancy and I are quivering."

Once the news sank in, O'Connor requested the earliest operation possible so he wouldn't have to deal with the torture of waiting. O'Connor's version of what happened is summed up in a conversation he had later with Allen Funt ("Candid Camera"), who was faced with a similar situation and called for counsel: "I told him, 'Allen, it's painless; you won't feel a thing. Get it done as soon as possible. They'll start giving you tranquilizers around 5:30 in the morning, and you'll feel as high as any hippie. They'll give you the rest of the anesthetic, and you'll go into a beautiful sleep. It'll take seven, eight hours, but it'll seem like three minutes. And there won't be any *pain*.' " O'Connor puts his hand over his heart. "The only thing I felt or feel is a little tightness in the flesh on this side."

The reaction to the news of the surgery brought a staggering amount of mail to the hospital. Among the letters was one from Burt Lancaster, who had surgery for five bypasses, who wrote: "Six, huh? You just *had* to outdo me." Another, from a loyal "All in the Family" fan, arrived addressed simply, "Archie, Atlanta."

Nine days later, doctors determined that his gallbladder had to go. "Once I found out what the h— the abdominal swelling was about, I said, 'So get *on* with it.' " That one hurt. "Still does a little. When they cut into the abdomen, it hurts," he says, sounding a little irritated, like Archie confronted with a new concept in human relations.

Weight down, pale, and jowly, O'Connor now walks a mile and a half a day on the almost exclusive Zuma Beach. Through the unusual laws of the territory, public citizens can walk the beach as long as they don't loiter or set up camp for the night, sparing Jack Lemmon, Dinah Shore, and Goldie Hawn, for example, the intrusion of strangers. O'Connor's reaction to this quirky rule is to stand on the second-floor balcony of his house to take photos of perfect civilians while they're taking photos of him. (Meanwhile, all of the celebrity residents complain that Sly Stallone constantly rides his horse onto their personal grounds.)

"Mr. O'Connor is still feisty," says Alan Autry, who plays a deputy to O'Connor's police chief. "He didn't have to, but he came back for the last show to play a scene when he could just have done a voice-over."

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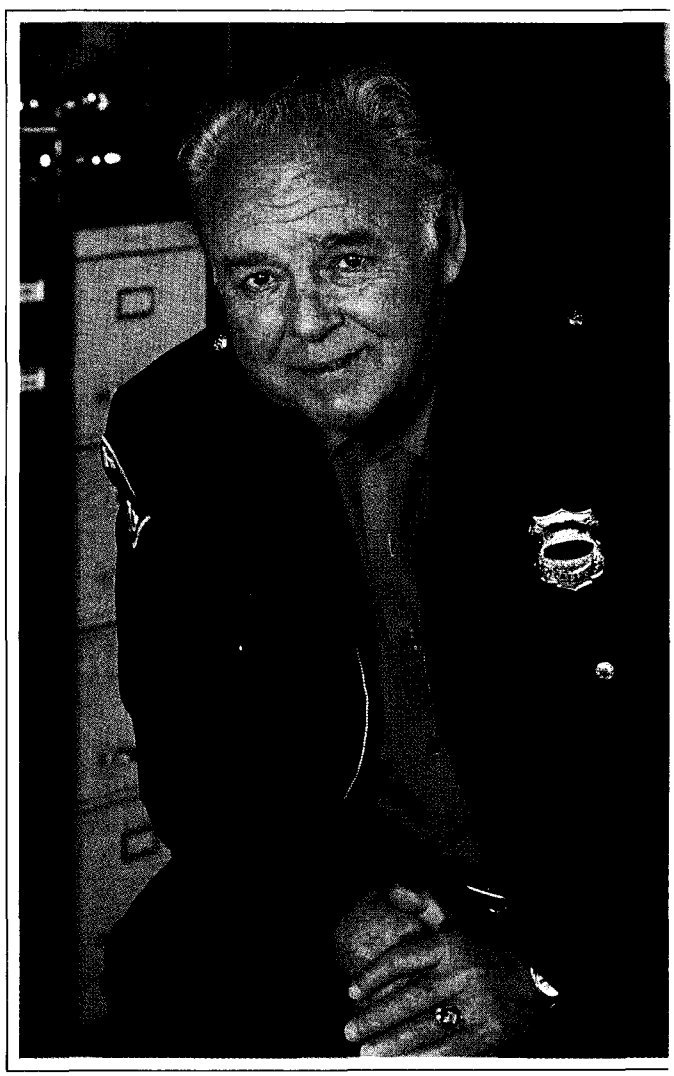

He's lost weight since his illness, a fellow worker says, but "whatever weight *that* man's at, he makes it felt."

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WHEN YOUR IMMUNE SYSTEM PANICS

An unexpected overreaction to drugs, foods, or insect venom can hurl an otherwise healthy person into shock.

by Elisabeth Rosenthal, M.D.

Illustrated by Lucian Lupinski

It seems to erupt from nowhere: a young man, finishing his shift as a taxi driver, sits down to have a snack. Within seconds, he complains that he has a lump in his throat. Moments later he is gasping for air, and as the ambulance arrives, he loses consciousness. On arrival in the emergency room, the man suffers a respiratory arrest, and his heart stops briefly. As physicians treat him they wonder what evil can strike such a powerful blow: Drugs? Asthma? Clots in the lungs? Several hours later, in an intensive-care unit, he wakes up on a ventilator and gives us an answer: cashews.

He has mild allergies to many foods, he reveals, and just before falling ill he had eaten two nuts, precipitating the kingpin of allergic reactions—anaphylaxis, a violent systemic response to something (usually) eaten or injected. Although relatively rare, it is common enough that two new cases of anaphylaxis a week are referred to Dr. Gillian Shepherd, an allergy specialist at New York Hospital. Large skin-test studies with insect venom suggest that 15 percent of the population may be predisposed.

Antibiotics, nuts, seafood, and insect stings are the most common culprits, but even substances as seemingly innocuous as celery are implicated. Against the backdrop of the usual hospital disasters, full-blown anaphylaxis is an incomparable cataclysm, a Krakatoa boxed inside a body.

Timely treatment works. But it must be administered soon, sometimes within minutes, to be effective. Several hundred otherwise healthy people in the United States die each year after reactions to penicillin alone. Interest in how to prevent and treat attacks has recently been intensified in the South by the march of the imported fire ant; up to 2 percent of fire-ant bites may bring on anaphylaxis.

In every case of anaphylaxis, the patient has encountered the offending substance, sometimes harmlessly, in the past, though perhaps without being aware of it. People, for example, may be exposed to penicillin in trace amounts as a contaminant in milk.

At the time of first contact, the immune system manufactures specific molecules designed to protect the body, antibodies of a type called IgE. The antibodies, in effect, take a biochemical "mug shot" of the invader and remember it indefinitely. At the time of next exposure, the foreign invader, or allergen, is "caught" by this vigilant immunologic patrol squad. Then, for reasons not fully understood, the patrol squad gets mightily carried away, setting into motion the release of chemical weapons—notably histamine and leukotrienes—that attack the lungs, blood vessels, intestine, and skin. Anaphylaxis in Greek translates as "backward protection." Indeed, in anaphylaxis, the misguided immune system attempts to keep out a foreigner by burning down the house.

The first manifestations of anaphylaxis begin seconds to two hours after exposure to the allergen. The reaction commonly starts with itching and flushing, hives, or a lump in the throat. Oddly, even in these early stages, victims may sense that something terrible is afoot, their fear wildly out of proportion to their symptoms. Heart-attack victims may also experience such premonitions.

The reaction bursts forth in one of several directions. Most patients will develop swelling of the airways, leading to audible wheezing and, in severe

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cases, respiratory obstruction. In others, the molecules attack primarily the walls of the blood vessels, leading to profound drops in blood pressure —and unconsciousness. Patients with food allergies are particularly prone to intestinal anaphylaxis—nausea, vomiting, diarrhea. Serious anaphylaxis often combines several of these ingredients.

It is virtually impossible to predict a first attack. One would expect people who suffer from lesser allergies, such as hay fever, to be predisposed. But studies of patients who have anaphylaxed to penicillin and wasp stings show no greater incidence of allergy than in the general population. Patients are more likely to react to substances injected into the blood —intravenous antibiotics or stings— than to swallowed allergens. But even oral antibiotics should never be taken lightly. Several years ago, a colleague took Bactrim, which she had taken before, for a minor infection. Fifteen minutes later, she developed a diffuse rash and collapsed from anaphylaxis.

Serious allergic reactions to foods often occur after consuming foods that people eat most often, because each repeat exposure further sensitizes, or agitates, the immune system. In Asia, rice is a major cause of allergic reaction.

Two factors—alcohol and exercise —seem to enhance otherwise mild or silent allergies, perhaps by increasing uptake from the stomach. I recall one young man with no history of anaphylaxis. He arrived in the emergency room itching and wheezing on the evening of his bachelor party. He had eaten a big lobster dinner, imbibed a fifth of scotch, and run some drunken sprints—which in combination apparently precipitated a reaction. The dose of the allergen is also important. "The best time for an anaphylactic reaction," Dr. Shepherd says, "is at the end of a wedding. People drink too much. They dance. And they are exposed to all sorts of foods that they usually eat in small quantities."

Any allergic reaction that begins within minutes of eating food, receiving a sting, or taking a drug is cause for concern. Stories abound of patients who ignore hives or pop antihistamines (which cannot reverse a serious reaction) and end up two hours later in shock. One woman ignored hives after a jellyfish sting and passed out at sea.

The mainstay of therapy for anaphylaxis is repeated injections of epinephrine, or Adrenalin. The drug works within seconds, but it is short-lived, and symptoms often recur with their own savage rhythm until the allergen is sufficiently dispersed in the body or is removed. In the case of food allergies, patients may be given noxious syrup to induce vomiting, and medicine to stimulate diarrhea. If the reaction subsides readily—many clear with one shot—the patient is discharged after several hours. But severe anaphylaxis may necessitate cardiopulmonary resuscitation and intensive care.

The allergist's first challenge after anaphylaxis is to identify the offending substance. The patient's history often isolates a suspect. The allergist may analyze the patient's blood for the offending IgE antibody or conduct skin tests with tiny amounts of allergen to measure the reaction. But anaphylactic reactions, a complex interplay between patient and environment, sometimes demand clever detective work. Certain patients, for example, suffer anaphylaxis only when they eat celery and exercise; either stimulus alone does nothing. One patient has anaphylactic reactions to shrimp only during the week before her menses. Another reacts for unclear reasons to canned ham eaten in New Jersey, but not to the same brand consumed in Florida.

POTENTIAL INDICATIONS OF ALLERGIC EMERGENCY

Itching

Redness in the face

A lump in the throat

A runny nose

A premonition of illness

Wheezing

Intestinal upset

Blood-pressure drop

Loss of consciousness

Each anaphylactic episode may be more serious than the last, so prevention is crucial. Patients with allergies to insect stings are now being "desensitized" with progressively concentrated solutions of venom; these injections are designed to cause the body to manufacture a "protective" antibody of the IgG class, which snags insect venom before it is seen by the hysterical IgE patrol squad.

The best protection against drug- and food-induced anaphylaxis is avoidance. Whenever you are about to receive a new drug, remind your physician about allergies, even minor reactions. Physicians forget. Labels frequently carry brand names you might not recognize—Dynapen, Wymox, and Augmentin, to name a few, are all penicillin derivatives. Last February the *Annals of Allergy* printed three tragic accounts of individuals who had known antibiotic allergies. They died after receiving medications from physicians. One was wearing a Medic Alert bracelet at the time of her death.

Avoidance is more difficult for people with serious food allergies. They may be sensitive to even microgram quantities of antigen, and for them dining out is like traversing a minefield. One man with a seafood allergy anaphylaxed after eating French fries that may have been cooked in oil used to fry fish. In a much-publicized case several years ago, a Brown University student with a nut allergy died after eating chili thickened with peanut butter.

One lifesaving innovation for such individuals is the EpiPen, a device available by prescription for about $25. Resembling a retractable ballpoint, it automatically injects a dose of epinephrine. Dr. John Yunginger, a professor of pediatrics at the Mayo Medical School, advises all his patients who have had systemic allergic reactions to carry one. The EpiPen may calm symptoms en route to the emergency room, and "it dramatically reduces mental wear and tear," Dr. Yunginger says. "Anyone who's had an anaphylactic reaction lives with fear. They hear a buzzing in the kitchen and it's probably a fly. But, my god, what if it's a bee or wasp?"

Although I have no allergies, I usually bring along an EpiPen when I travel to the countryside, a practice I formerly always attributed to paranoia. I have since discovered that many colleagues do the same. One keeps one in his pocket at all times, "just in case." I suppose we all have dreams and nightmares about that potential moment when one injection, at a cost of a few dollars, could make the difference between life and death.

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LITIGATORS OF THE LOST ART

The return of the Byzantine mosaics has restored venerated religious treasures to their homeland and dealt a blow to the billion-dollar worldwide black market in stolen art and antiquities.

by Steve Mannheimer

It was a matter of faith. Father Pavlos Maheriotis, draped in black from head to toe, a gold-tipped black staff cradled in the crook of his arm, sat at the end of the long wooden table like an exclamation point.

For six days of the trial, his faith anchored him. The Oxford-educated monk had come to this Indianapolis courtroom as the personal representative of the archbishop of the Autocephalous Greek Orthodox Church of Cyprus and, indirectly, nearly half a million of his Christian countrymen. While two teams of lawyers examined and cross-examined witnesses, shuffled through reams of depositions, and presented their arguments, Father Pavlos sat calmly.

"It is a matter of concentration," he said in slow, thickly accented English. "This is very, very important to us."

On March 29, 1989, the archbishop and the Federal Republic of Cyprus had filed suit against suburban Indianapolis art dealer Peg L. Goldberg to reclaim four extremely rare Byzantine mosaics that had been ripped out of the ceiling of a small village church in Cyprus.

The trial began on Tuesday, May 30, and ended a week later. Judge James E. Noland of the Federal District Court for Southern Indiana conducted a quiet, orderly trial. Little in the courtroom proceedings would indicate the powerful emotions aligned on both sides of the case.

The plaintiffs were fighting to regain the most ancient and venerated religious relics that had ever been stolen from their country. And, not indirectly, they were also fighting to uphold a crucial political position. That village church was in northern Cyprus, which has been occupied by the Turkish Army since 1974. The Greek Cypriots regard this territory and everything within it as rightfully theirs. This combination of religious and national passions was nearing meltdown intensity.

The defendant was fighting for her financial existence. A small-time dealer with some big-time connections, Goldberg had borrowed $1.2 million from an Indianapolis bank to purchase the mosaics. Now, the interest payments and her legal fees were eating her alive. If she lost, she would find herself at the bottom of a financial hole that looked much like a grave.

On a larger scale, the suit promised to be a landmark decision in efforts to stem the international trade in stolen art and antiquities. Experts say this is a billion-dollar black market, second only to the traffic in illegal drugs.

With paintings barely 100 years old selling for tens of millions of dollars and record prices being broken and set nearly every month, it is difficult to estimate the price of four 1,450-year-old mosaics. Goldberg had offered the mosaics to one museum for $20 million.

Moreover, experts believed the decision would set an important precedent. All over the world, from Bolivia to Greece to Thailand, from Native American tribes and national governments, the cry is being raised: Return our culture!

That demand is primarily directed at American and European museums, those vast repositories of the world's greatest art and artifacts. Museum experts were watching the Indianapolis trial with mixed emotions. Although they feared they might lose some masterpieces from their collections, many of them believe the changing moral climate of the 20th century justifies

Art dealer Goldberg testified she believed that the church housing the mosaics had been reduced to rubble by the 1974 invasion. This picture, taken by the author in August 1989, proves the church is intact: holes remain where the mosaic of Christ (left) was plundered.

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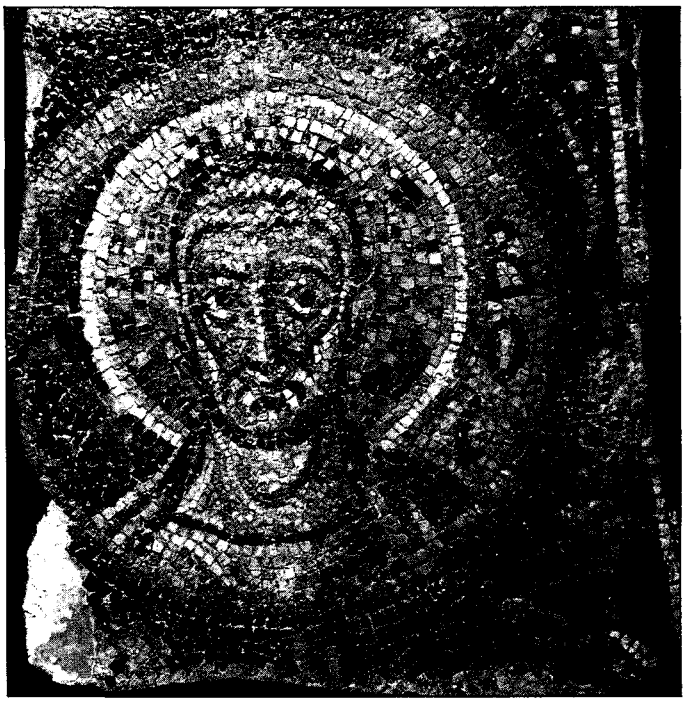
The mosaics—composed of hundreds of jewel-like bits of glass, marble, and stone—have a market value estimated at $20 million.



The landmark decision brought cheers around the world. Author Steve Mannheimer delivered the news to the Cypriot president.

Likenesses of an archangel (above) and Matthew and James (top left and right) are among few such works to survive an eighth-century edict to destroy sacred images.

the demands of the home countries.

For Father Pavlos, there was no doubt. "They are our spiritual treasure, part of our Christian life," he testified.

As far as the international press was concerned, the story was hot, the stuff of cinema. It came complete with bitter religious and ethnic clashes, invading Turkish troops, erstwhile archaeologists with dubious credentials and questionable methods, convicted forgers, secret deals for hundreds of thousands of dollars, Midwestern innocents caught in Middle Eastern intrigue.

But no swashbuckling heroes appeared to snatch the holy relics from the greedy clutches of smugglers. Indiana Jones would have had to wait at the back of the courtroom as the legal chess game proceeded: litigators of the lost art.

Around 525 A.D., in the tiny Cypriot village of Lythrankomi, artisans began the meticulous task of carefully setting thousands of small glass tiles, called tesserae, into the plaster dome above the altar in the church called the Panagia Kanakaria. They created a large mosaic picture of the apostles surrounding the Virgin Mary. And upon Mary's lap sat the boy Jesus.

Perhaps Lythrankomi was too small and too out of the way to attract imperial attention when, 200

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years later, the "iconoclast" (image-breaking) Byzantine emperors ordered the wholesale destruction of icons, frescos, and mosaics on the grounds that the veneration of these images violated the Second Commandment against idolatry. In the world, only five large mosaics suites are known to have survived.

The Kanakaria mosaics then withstood another 12 centuries of tumult and turmoil as the island passed through the hands of the Byzantine Empire; Arabs; crusaders; and Venetian, Turkish, and British armies. Situated only 40 miles from the southern coast of Turkey and 60 miles west of the Syrian coast, Cyprus has always been a buoy in the boiling tides of the Mideast. It is still a crucial military staging ground and supply depot for American forces in the Middle East.

Cyprus' history has left it with a volatile population. Eighty percent of the island's approximately 675,000 inhabitants are Greek and Christian. Twenty percent are Turkish and Muslim. After an attempted coup in 1974 by Greek Cypriots seeking political union with Greece, an alarmed Turkey invaded the island and conquered the northern third, including Lythrankomi. That territory is still occupied by the Turkish Army under the auspices of the so-called Turkish Republic of Northern Cyprus (TRNC), a government recognized by no country except Turkey.

The Greek Cypriots refuse to deal with this outlaw regime and blame it for allowing these mosaics and other religious art to be desecrated and plundered. They were outraged when, only a few days before the trial was to begin, the TRNC petitioned the court to join in the suit against Goldberg. In other words, the Turkish Cypriots wanted a piece of the action. They wanted the mosaics to be returned to the TRNC.

Judge Noland's first order of business was to dismiss the motion. This decision, rendered in strict legal logic, was emotionally bolstered by the testimony of the trial's first witness, a former caretaker of the Kanakaria church. Speaking through an interpreter, Theodoros Avraam calmly told of Turkish persecutions after the 1974 invasion.

"We were loaded in buses, taken to Turkey, where we were beaten up, imprisoned for 35 days, then returned home," Avraam said. Greek villagers were offered truck transport to the south in 1976. When he left, Avraam said, the church was locked.

Three years later in 1979, reports from foreign tourists reached the Department of Antiquities in Nicosia that the Kanakaria mosaics had been chiseled from the ceiling.

The fate of the mosaics was hidden from the world until 1983, when Walter Hopps, then director of the famous Menil Collection in Houston, Texas, and Yanni Petsopolous, a London antiquities dealer, walked into the Munich apartment of a Turk named Aydin Dikmen.

If this story lacks a hero, at least it has one character swaddled in enough sleaze to be considered its villain. Identified 25 years ago as a dealer in stolen archaeological artifacts, Dikmen continues to do business despite investigations by Turkish

The mosaics, desecrated when thieves laid hands on them, are blessed by the Reverend Father James Rousakis, the pastor of Holy Trinity Greek Orthodox Church in Indianapolis, as they lie in a vault awaiting return to Cyprus.

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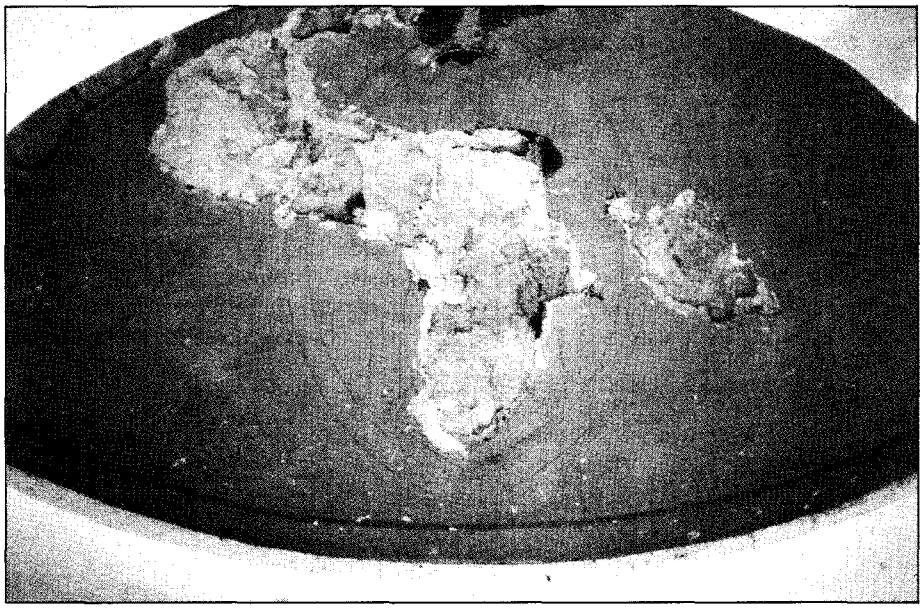

Holey, holey, holey is the ceiling in the village church in northern Cyprus from which thieves chiseled the mosaics after Turkish troops invaded the island in 1974.

police and public outcries in the TRNC. In 1983, while negotiating with Dikmen for a stolen fresco, Hopps and Petsopolous saw a mosaic rondel, a round portrait head of a saint, in Dikmen's apartment. He and Hopps eventually identified the mosaic as one of the Kanakaria suite. Petsopolous later engineered a secret deal with a Cypriot millionaire to buy four mosaics from Dikmen and return them to Cyprus. Two turned out to be fakes, as did an elaborate story Petsopolous told Hopps and which Hopps later repeated in a sworn deposition—but such is the nature of this entire case.

In late June 1988, Peg Goldberg flew to Amsterdam to purchase a painting by Modigliani, a deal she never completed because—as she testified—she was unsure of the painting's authenticity. In Amsterdam, she ran into an old friend, another Indianapolis art dealer, named Robert Fitzgerald, or Robert Jones, or Fitzerald-Jones, or Jones Fitzgerald, as he has been known.

Fitzgerald introduced her to an old friend of his, a dealer named Michel van Rijn. Van Rijn claimed descent from the immortal Rembrandt van Rijn and, on his mother's side, from Rembrandt's equally immortal contemporary, Peter Paul Rubens.

Van Rijn told Goldberg of four early-Christian mosaics that could be had for a relative song in Geneva, Switzerland. Their owner, the former official archaeologist for the Turkish Republic of Northern Cyprus, was deathly ill and needed to raise some quick money. They concocted a deal for future resale profits and flew to Geneva to meet Dikmen and see the mosaics. Another friend of van Rijn's appraised the mosaics: they were worth as much as $5 million. The price to Goldberg, a mere $1,080,000.

Goldberg said she "fell in love" with the mosaics as soon as she saw them. Apparently her enthusiasm was infectious enough and "phonogenic" enough that she could convince an Indianapolis banker, Otto N. "Nick" Frenzel III, chairman and chief executive of one of the state's largest banks, to lend her $1.2 million to make the purchase. A few days later, Goldberg went to a Swiss bank and picked up two bags filled with $100 bills. She pocketed $120,000 and gave the rest to Fitzgerald.

Fitzgerald paid Dikmen $350,000 for the four mosaic rondels. At the trial, he testified that he did not tell Goldberg the actual purchase price because it was "none of her business." It was plenty of business for Fitzgerald and for van Rijn, who received half of the surplus.

Goldberg displayed little emotion as she sat in the courtroom listening to Fitzgerald's story. On the witness stand, she was self-assured, almost brassy. As she said then and later, her conscience was clear that she had always acted in good faith, even if others had not.

The notion of good faith became the single most important legal issue in the trial. Goldberg's attorneys hoped to apply the *lex situs* rule, which allows the law of the place where an action occurs to govern its legal disposition elsewhere. The law of Switzerland, they argued, should apply because that is where she bought the mosaics. Swiss law allows a thief (in this case Dikmen) to pass good title to a buyer who makes a "good faith" effort to determine the

Attorneys from law firms in Washington, D.C., and Indianapolis collaborated as counsel for the Cypriots and planned the strategy that returned the mosaics to their homeland. Among the witnesses to testify for the Republic of Cyprus were art experts, curators, international law professors, and members of the church hierarchy.

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history of the goods being purchased.

The plaintiffs, represented by a Washington, D.C., lawyer, Thomas Kline, first argued that Swiss law did not apply, then went on to argue that even if it did, Goldberg's effort had been insufficient to warrant a good faith claim. The most damning evidence: Goldberg's failure to make any attempt to contact the people most directly concerned, the Cypriots.

In Kline's cross-examination, he accused her of making only a flimsy effort to determine if the mosaics *were reported* stolen. In early July, before consummating the purchase, Goldberg said she contacted the International Foundation for Art Research, Interpol, and UNESCO in search of any taint on the mosaics. None was found.

Maybe so, Kline said, but a good faith buyer would have done more: Goldberg should have gone to the source, to Cyprus.

Goldberg's lawyers turned the good faith argument against Cyprus. Throughout the trial, the Indianapolis attorney Joe C. Emerson hammered away at this theme: the Greek Cypriots had made no effort to protect the religious artifacts left in the north.

By refusing to discuss this question (or any other) with Turkish Cypriot authorities, they had let politics dictate their actions. Father Pavlos' faith was irrelevant, Emerson argued, because Cyprus failed to make a good faith effort to tell the international community of the theft. Emerson even suggested that the Kanakaria church had been abandoned, left as fair game for scavengers.

This elicited an uncharacteristic response from Father Pavlos, who nearly shouted his answer: "Does the archbishop of Cyprus consider the church of the Panagia Kanakaria in Lythrankomi to be abandoned? *Of course not!*"

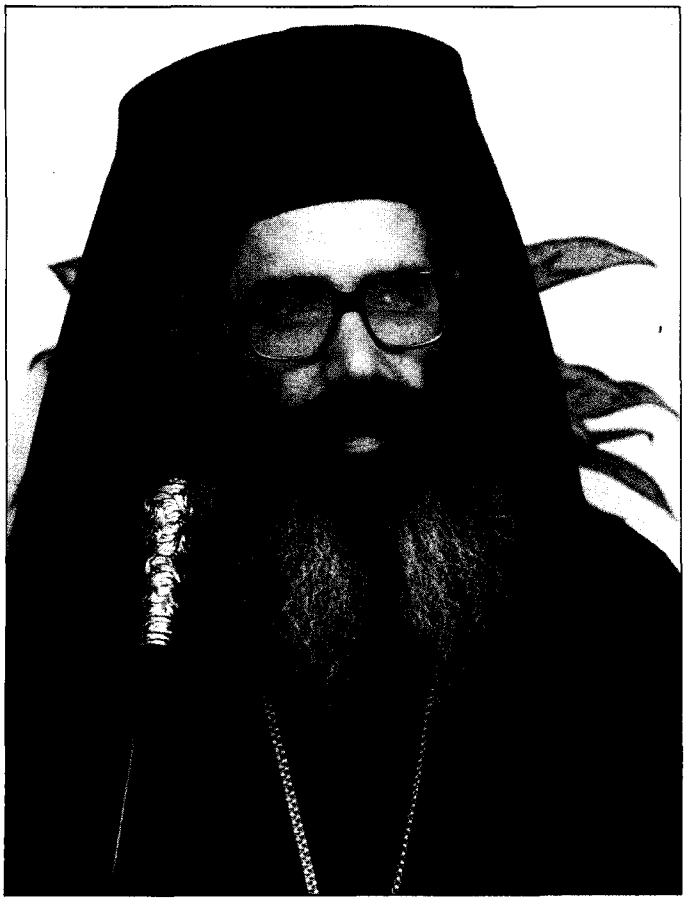
• • •

The church of the Panagia Kanakaria is a small building, perhaps 40 feet from the east apse to the main west entrance. The main dome is only 25 feet high. It sits at the edge of a rough excuse for a village, isolated among fields of scrub thistle and sun-baked rock. It looks like a fossil, sun-bleached and fragile. The mortar in its walls crumbles at the touch.

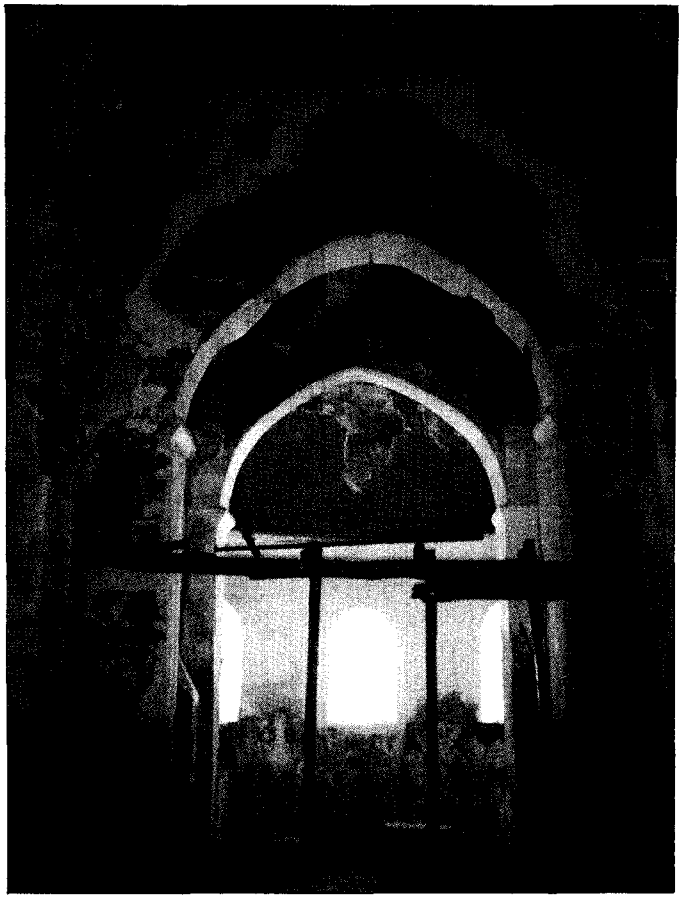
All the Christian villagers have fled south, so no one uses the church any more. Its doors are padlocked, but the village headman has the key. He will wait patiently while you wander through the small structure. There isn't much to see: a few faded fragments of old frescos, the skeletal frame of the iconostasis that once held dozens of holy icons, and a floor.

The half-dome in the apse that once held the mosaics is barely 15 feet across. You can see immediately the gaping holes where the mosaics were ripped out of the plaster. A small section of the mosaic pattern was left intact at the edge of the dome, but that's it.

On August 3, Judge James E. Noland announced his decision, all 86 pages of it. Simply put: The mosaics belonged to Cyprus. After two months of holding its breath, the art



Father Pavlos Maheriotis represented the Greek Orthodox Church of Cyprus at the trial. The Getty Museum curator in California blew the whistle on Goldberg when she offered the mosaics for $20 million. The museum notified the Greek church.



The author, among the few to visit the now-locked church of Panagia Kanakaria, snapped these photos of its interior. The Cypriot government had warned art dealers that it was searching for the artifacts, but nine years passed before they surfaced.

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Peg Goldberg's attorney argued that she acted in good faith. The counsel for the Cypriots responded that Goldberg's only credentials of good faith were "an empty head and a plane ticket to Switzerland."

world and the international press exhaled all over the front page, in Indianapolis; New York; Washington, D.C.; London—and in Cyprus.

In Nicosia, a spontaneous celebration broke out at what normally is a solemn occasion—the observance of the death of the first president of independent Cyprus. The news was too good to wait. President George Vassiliou delivered it to a cheering crowd of 10,000. "I just want to make a happy announcement," he said. "The Indianapolis court has decided in favor of Cyprus!" Enthusiastic applause erupted.

In Washington, Michael E. Sherifis, Cyprus' newly named ambassador, learned of the decision only minutes before he was to present his credentials to President George Bush. "I am deeply grateful to the United States' justice system," he said emotionally. He explained that the ruling sent a strong message that "our art is not to be peddled like some common thing. These are precious items of worship."

The fallout from the historic decision might spread far beyond the small church of the Panagia Kanakaria where the saga began so many years ago. The international black-market trade in stolen art—estimated to carry an annual price tag of $1 billion—may be curbed. However, as long as the payoffs are so lucrative, such heists surely will continue.

In the case of the mosaics, the Cypriots weren't the only "winners." Robert Fitzgerald made out like a bandit, and van Rijn is still at it, reportedly dealing with the Cypriot government for the sale of two or three additional fragments of the Kanakaria mosaics. But even he has been affected by the Indianapolis decision: he has hired bodyguards to protect him from Dikmen, who has threatened his life.

A LANDMARK DECISION

The Hon. Stavrou Patroclos had a request. "Would it be appropriate to say 'thank you' to the American judge who was responsible for the return of the treasured mosaics to their homeland?" ventured the grateful undersecretary to the president of the Republic of Cyprus.

The question was one of protocol, of course, put to us during a telephone interview that spanned half of the globe. We admitted that we weren't sure of the answer, but we promised to find out. We decided to go to the source.

The source laughed. "Judges are seldom thanked," said James Noland, the U.S. District Court judge who delivered the 86-page landmark decision. "Usually any 'thank-yous' are done through attorneys a year or so after the case is heard!"

The gratitude was well-deserved. In keeping with his long and distinguished career on the bench, Noland kept a quiet and dignified rein on the intense emotions attached to the case. In the end, praise came from many corners. Said the *New York Times,* "Judge James Noland did three salutary things:

"He served notice that pretending to believe a cock-and-bull story is no defense for buyers who acquire hot antiquities. He rejected the claim that a purchase in Switzerland sanitizes what is otherwise suspect. And he strengthened the hands of victims by ruling that the statute of limitations cannot be invoked merely because the stolen art had been stashed away for years.

"Given surging art prices, this single decision won't end the traffic in looted antiquities. But it flashes a warning to conscientious collectors, and provides a precedent that can help abate the pillage. A clearheaded jurist has earned a salute from the past."

The landmark case, tried without a jury, lasted eight days and made history. Among the visitors to Judge James E. Noland's courtroom were his young grandchildren and his wife, Helen, a history buff who sensed the importance of her husband's pending decision.

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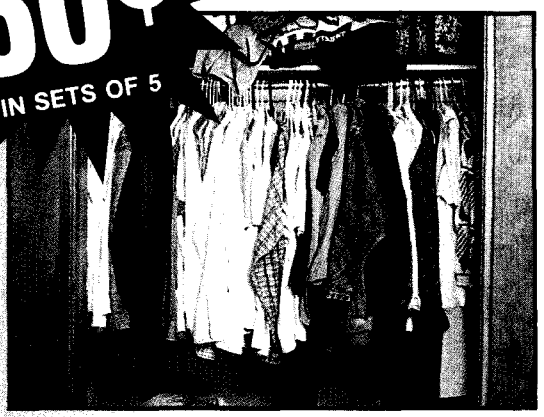

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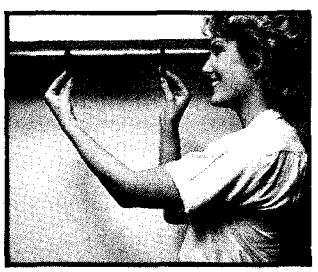

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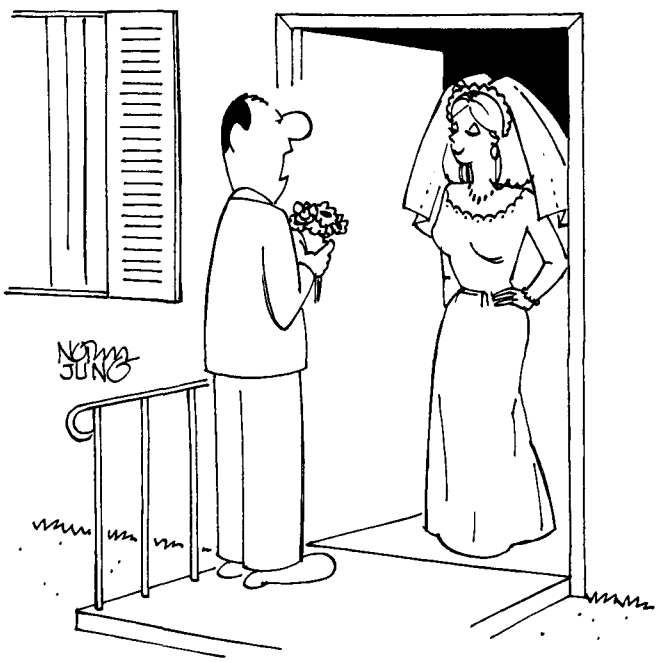
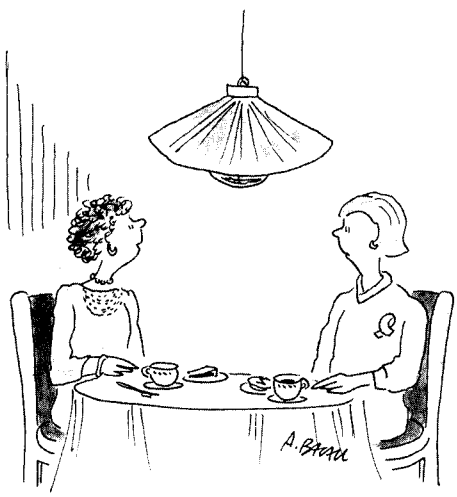


"It's beautiful, but I thought on our first date we'd just go to a movie or something."

"Would you mind repeating the part where you said for richer or poorer?"

"O.K., the party's over."



"Tom and I still haven't worked out our wedding plans. I want a formal ceremony and a catered reception, and he doesn't want to get married."

"You cut with the sharp side down, my dear."

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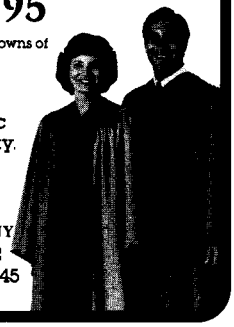

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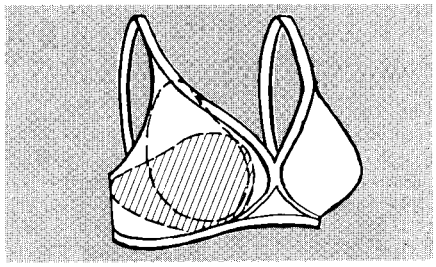

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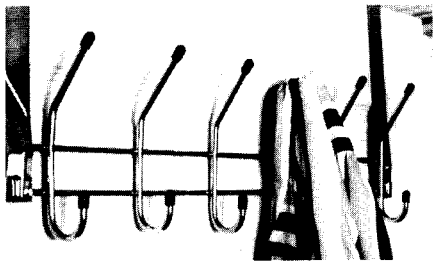

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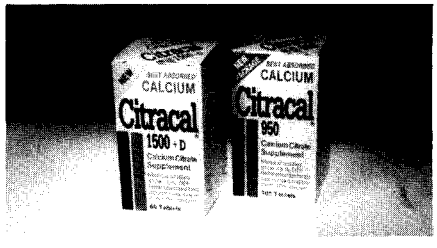

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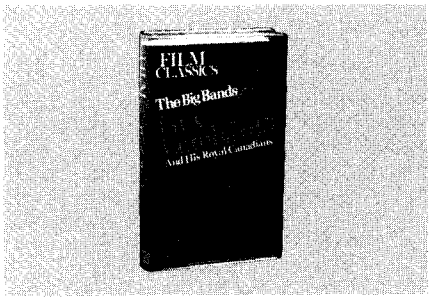

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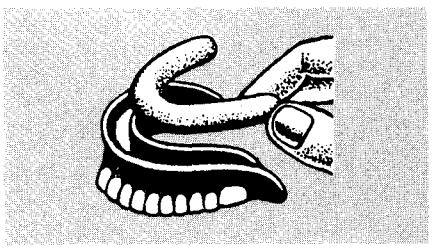

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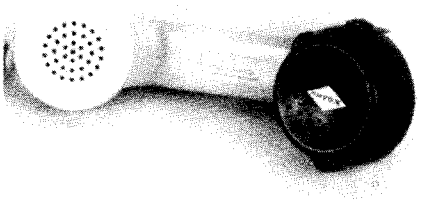

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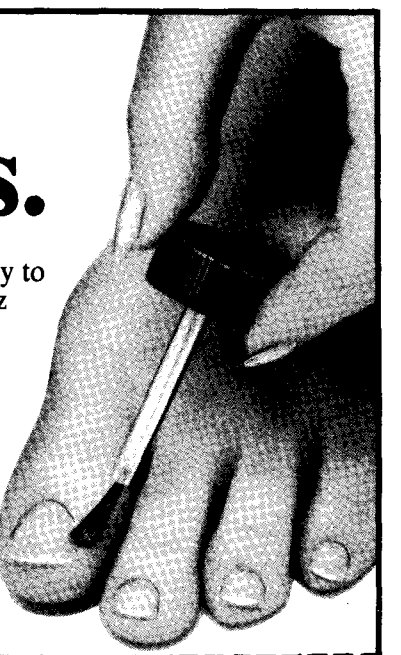

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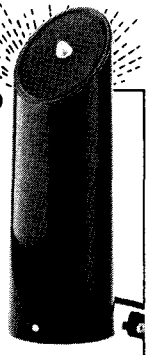

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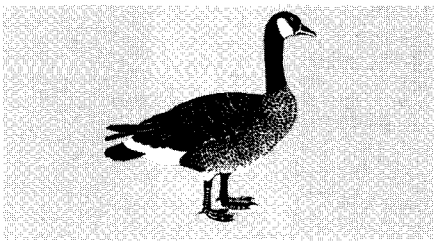

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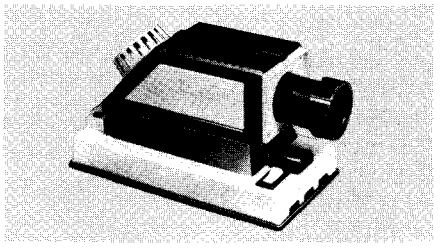

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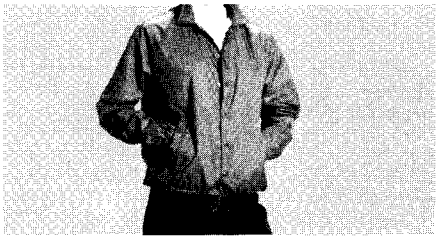

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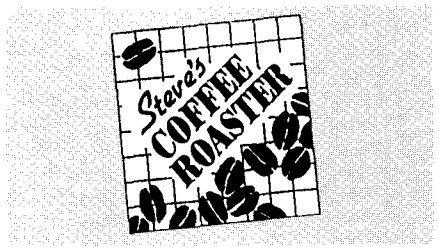

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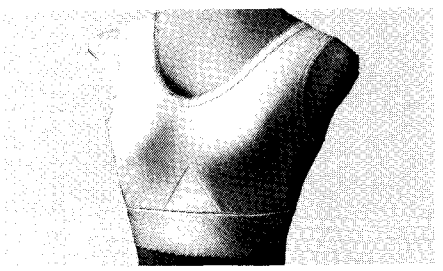

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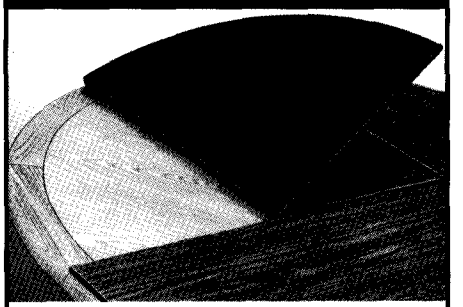

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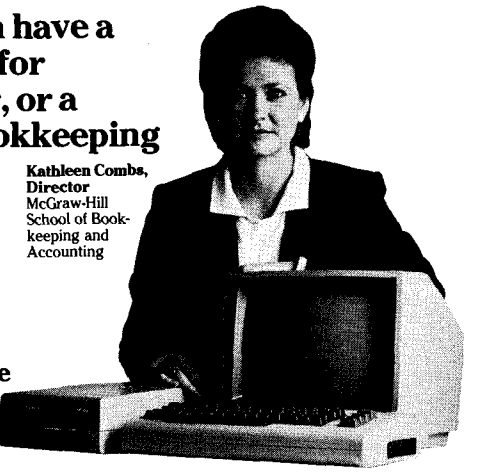

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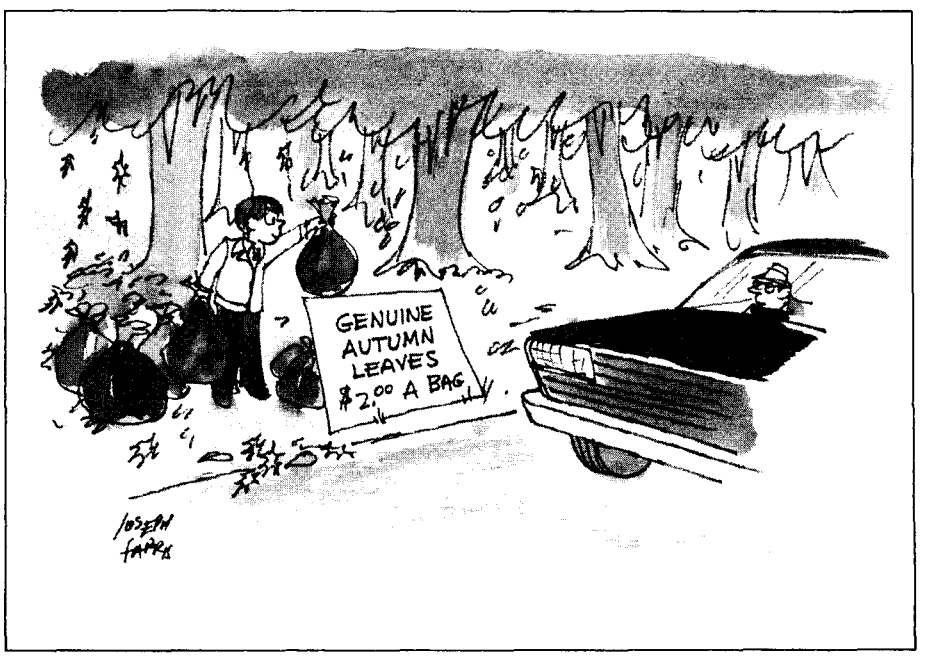

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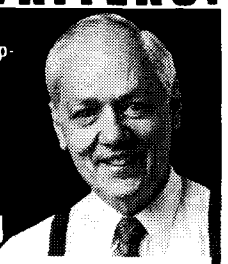

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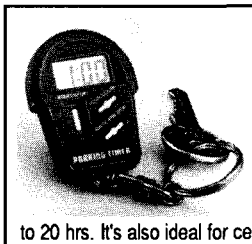

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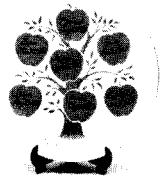

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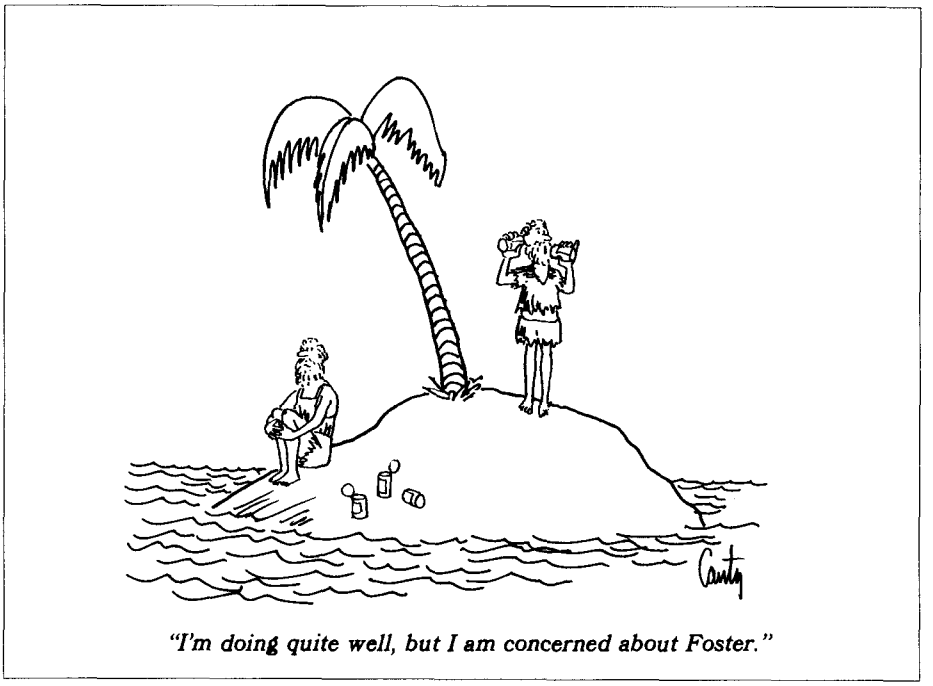

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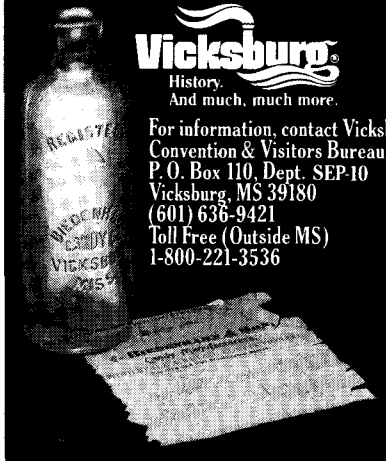

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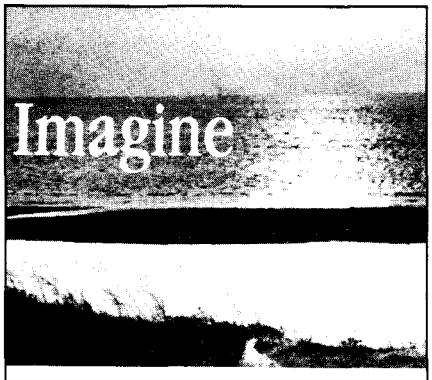

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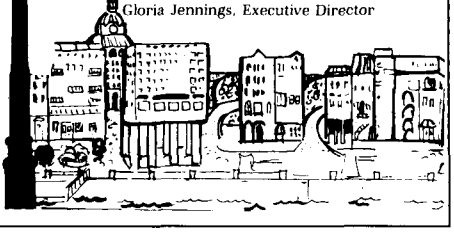

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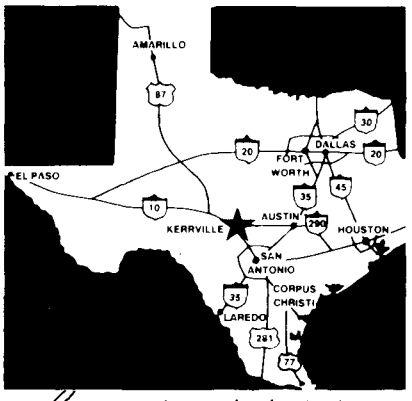

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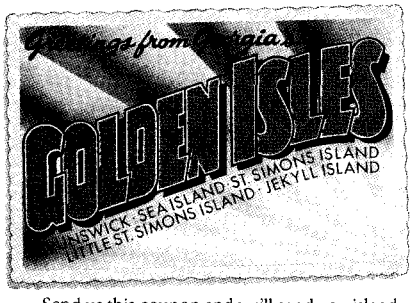

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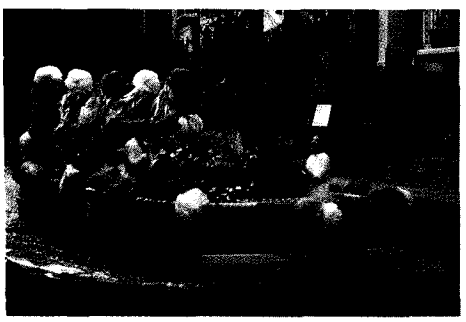
Six From Texas

In Texas, of course, everything is bigger and better than anywhere else. But what's best to see once you're there? Our guide separates the great from the near-great.

JOHNSON SPACE CENTER

Open to the public, NASA's Johnson Space Center in Houston is one of the newest and largest research and development facilities in the manned space flight program. Exhibits include space memorabilia from moon rocks and real spacecraft to astronaut training equipment. Mission Control Center, from which all manned space flights are monitored, is also open but requires reservations.



Texas Tourism

SAN ANTONIO

Cut through by the San Antonio River, the centuries-old city is a recreational and cultural center. The celebrated River Walk area, Spanish missions (most notably the Alamo), and Sea World of Texas (said to be the world's largest marine-life park) are among the top tourist destinations in Texas. La Villita, San Antonio's original adobe settlement, now houses galleries, restaurants, and shops. Try the Arneson River Theatre, where the river separates the audience from the stage; seasonal offerings include jazz, mariachis, country-western, flamenco, and opera.

JEFFERSON

At one time the largest town in Texas, historic Jefferson rose to prominence in 1840 as a river landing on Big Cypress Bayou deep in East Texas. Today, its brick-paved streets lead to elegant—and restored—antebellum homes, Victorian bed and breakfasts, antique shops, and bayou cruises. There is a candlelight tour of historic homes the first weekend in December.

THE BIG THICKET

About 90 miles northeast of Houston, in southeast Texas, the biological diversity of this 80,000-acre national preserve embraces hardwood forest, savannah wetlands, cypress, yucca, and mesquite. From alligators to coyotes, bluebirds to roadrunners, there's more wildlife than a nature lover can shake a Texas-size stick at. Hiking, backpacking, canoeing, fishing, and birdwatching draw travelers to the Big Thicket. Stop by the visitor-information station about seven miles north of Kountze off U.S. 69.

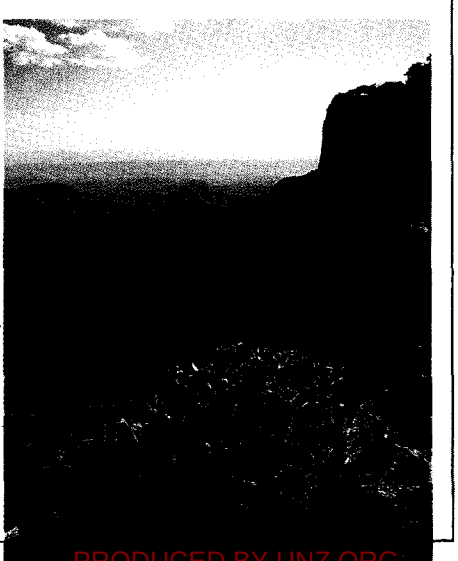
LYNDON B. JOHNSON LIBRARY

On the Austin campus of the University of Texas, the Johnson Library is both a center of scholarly research and a historical museum. Three floors of exhibits highlight the former president's 40-year career in politics. Displays include a replica of LBJ's Oval Office and gifts presented to Johnson while he was in office.

BIG BEND NATIONAL PARK

The 700,000-acre park nestles inside the great U-turn the Rio Grande makes in southwest Texas. Encompassing the river, Chihuahuan desert, and Chisos Mountains, the park has a wide variation in temperature and elevation. Several hundred miles of hiking trails, from the easy to the primitive, range across the park. More than 100 miles of paved road and 175 miles of graded dirt road lay the park open to cars, bicycles, and campers. Try the El Camino del Rio scenic drive from the western edge of the park to Lajitas, a restored frontier town now a resort.

—Dale Chaney



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SOUTH PADRE'S MAGIC SHRINKING BEACHES

Who or what is trying to take the Turtle Lady's front yard away from her?

By Dale Chaney

One day early last April Ila Loetscher stood looking out from her beachfront home on Texas' South Padre Island. The stormy waves of the Gulf of Mexico lashed an eroded concrete breakwater less than a hundred feet from her door. "When I moved here in 1959," said the 84-year-old Loetscher, "the beach stretched out about a quarter-mile in front of my door. I could drive out and collect seashells. There's no doubt about it, wouldn't you say?" she asked. "The

The "turtle lady" has earned nationwide recognition by saving the sea turtles of the Gulf from the nets of shrimp fishermen, turtle hunters, and other modern-day hazards. A tiny woman with white hair brushed back from a face wrinkled like a raisin, Ila has a stubborn quality about her blunt chin and the direct gaze of her dark eyes. But her thin lips always seem ready to break out into a smile—especially when she's talking about endangered turtles. Visitors who throng to the biweekly turtle shows in her backyard see a face that gives off enthusiasm, dedication, and a sort of, well, damn-the-torpedoes spirit—not altogether surprising for a charter member of the Original 99 female aviators club, founded by Amelia Earhart.

That spirit has been recognized with conservation awards from the likes of the National Wildlife Federation. Two years ago the town of South Padre Island dedicated Ridley Turtle Park in her honor.

Ila, ever the pioneer, settled near the pristine beaches of South Padre Island before the '70s building boom that sent shadows of towering high-rises across the sand. And now

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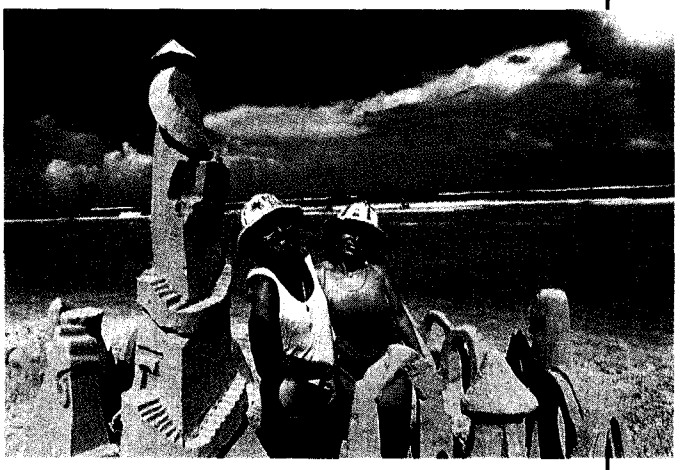
she's watching the beach disappear.

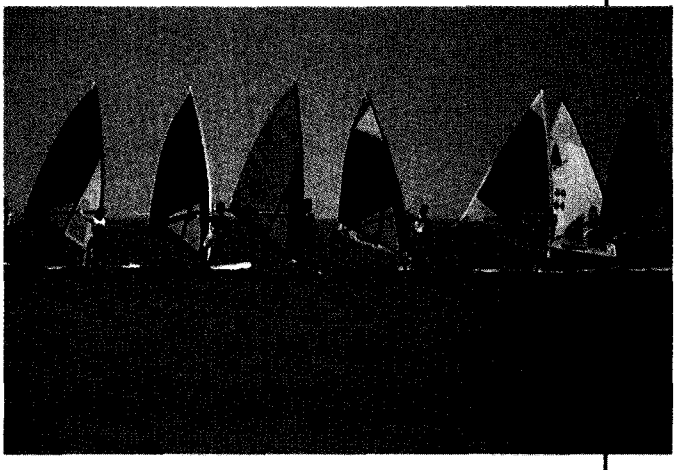
"Erode" is the technical verb—at a long-term nine feet per year. Residents of South Padre Island watch the vanishing act with a mixture of disbelief and mild alarm, but more generally, a king-size dose of Margaritaville apathy. "People come here for the slow, easy pace, and getting excited about something long-term like beach erosion doesn't fit in with that idea," says Walter McDonald, a full-time resident who makes his living as the Amazin' Walter, building huge, fanciful sandcastles.

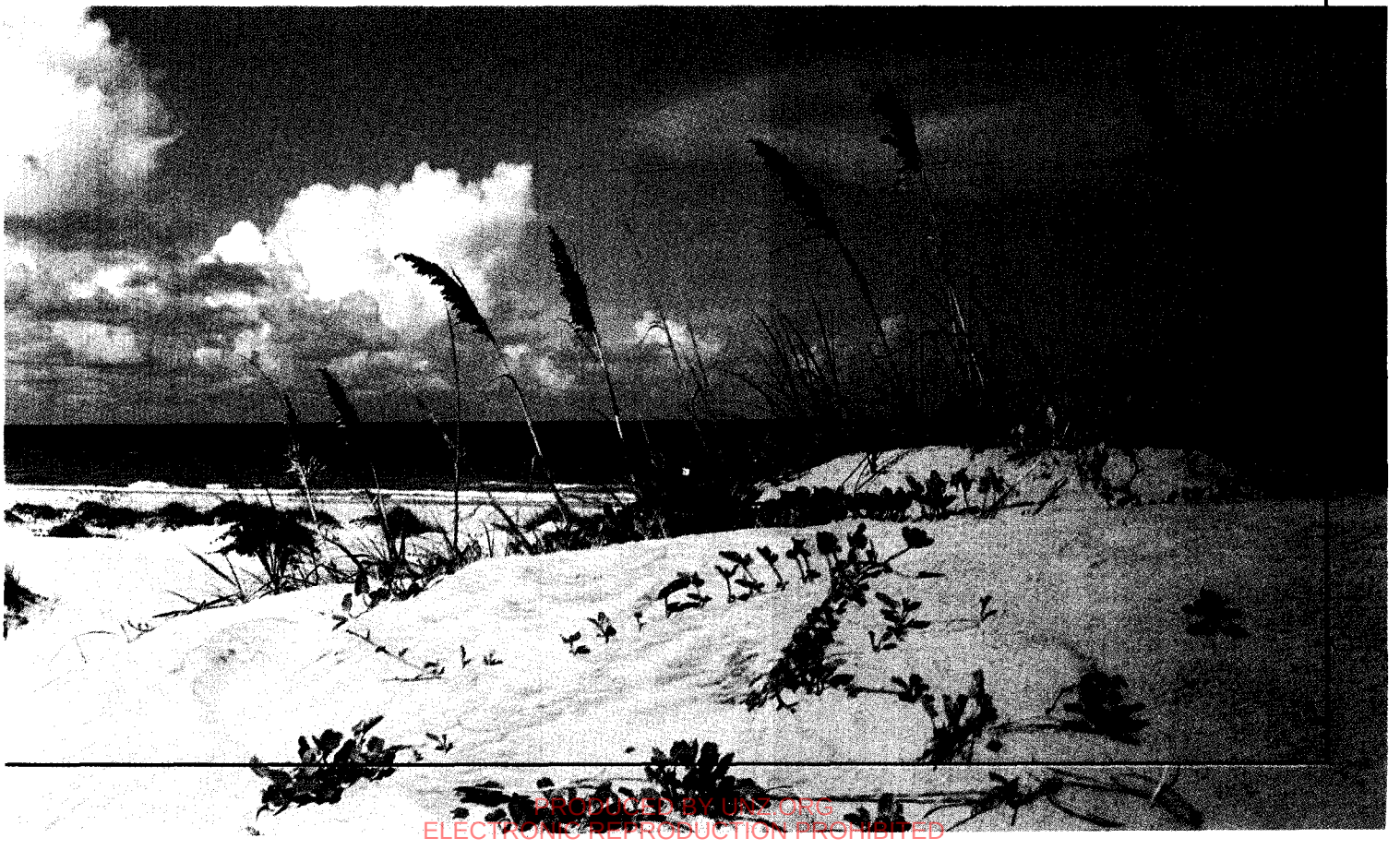
That the beaches of South Padre Island are important—and worth saving—is undisputed. "Our bread and butter," South Padre city manager Eduardo Campirano calls them. Undeveloped and unspoiled, lapped by the warm Gulf waters, they are what draw more than 200,000 visitors a year to this tiny (population 1,100) seaside resort off the southernmost tip of Texas, a Frisbee throw away from Mexico at the mouth of the Rio Grande. The palm-tree climate, much like Hawaii's, is consistently clement in winter and summer. Warm, steady winds blowing in from the Gulf seem to sweep the sand clean and make the beach a world-class haven for windsurfers, who come by the thousands. And despite the proximity to foreign soil, the environs of South Padre are strictly mainstream United States: English is spoken everywhere and all the amenities are available.

Through the building boom of the '70s (brought down with a crash in the early '80s by the Texas oil crunch, the devaluation of the peso, and general overbuilding) the city never relinquished ownership of the beaches. As a result, today anyone can use them, and moonlight strollers walk them without fear or apprehension.

The business district of South Padre—bars, shops, and restaurants—is, for the most part, in







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the middle of the island; the shore itself is given over to the residential use of condominiums, hotels, and family homes. A homey, personal feel pervades the beaches, as if they belonged to the people who use them, as if visitors rented not just a room but a stretch of beach to call their own. Except when students overrun the area during spring break, family-oriented South Padre offers everything from the simplicity of peace and quiet to some of the best deep-sea fishing in the world to cruise-ship gambling. In addition to the Mexican culture accessible to the south, visitors are not far from the Padre Island National Seashore, where such wildlife as 1,500 tundra peregrine falcons stop on their Arctic-to-tropic migrations.

There's still plenty of beach to enjoy, of course, stretching out at least 400 feet from the hotels and luxury condos that front the Gulf side of the resort. So what's the problem?

"We're not losing any 9 feet a year," says Richard Franke, a real-estate agent whose family moved to the area in the '50s. "If we were, I'd have a beachfront office by now." And such condo managers as M. David Tiedt shrug it off. "If the actual rate of erosion is 9 feet per year, then in ten years we lose 90 feet of beach. It doesn't mean anything to me," Tiedt says.

"Nine feet per year is the *long-term* erosion rate," emphasizes Donald Hockaday of Pan American University's Coastal Studies Laboratory, anchoring the southern tip of the island. That figure includes the instant erosion caused by the periodic hurricanes that batter the area every 12 years or so. After Hurricane Gilbert swept the area in 1988, the hotels and luxury condos that line the shore had to shovel sand three or four feet deep off their sea walls.

There's erosion all along the 150 miles of Padre Island, but the hotels and condominiums at the southern tip of the island would be worthless without beaches. Such problems are

Counting the Grains of Sand

Beaches have no choice. To survive, they must retreat: two to three feet every year along the Atlantic; four to five along the Gulf. Beaches on barrier islands like South Padre don't disappear; they merely migrate inland. Erosion is only a "problem" where high-priced communities are threatened.

There are two alternatives to abandoning developed communities on the retreating beaches:

• Sea walls protect buildings, but they don't allow sand to accumulate. Some sandless, sea-walled stretches of the New Jersey coast once had 300 feet of beach. Several states have banned such "hard" erosion-prevention measures that destroy beaches.

• Beach replenishment like South Padre's has become a quick if expensive cure for eroding beaches all along the Atlantic and Gulf coasts. Miami Beach's relatively successful replenishment began ten years ago at a cost of $65 million. Beth Milleman of the environmentalist Coast Alliance says: "Beach replenishment has been touted as a miracle cure for a natural process, but in reality, it's a very expensive bandage that washes away."

In Ocean City, Maryland, replenishment has caused less sand to wash back out into the ocean, which is helping to erode Assateague Island, a barrier island that is also a national seashore.

But even conservationists feel that beach replenishment is the most pragmatic—though a temporary—solution to protecting valuable real estate.

"You can't expect people to allow places like Ocean City, which is worth $2 billion, to just drop off into the water," says Stephen Leatherman of the University of Maryland.

"What hasn't been debated," he says, "is who's going to pay for this. We ought to be looking at who profits from beach replenishment and who pays."

Another long-term problem is that coastal wetlands behind the barrier islands will disappear in turn, the EPA's Jim Titus says.

"Places like South Padre will dump sand to keep that beach . . . but the wetlands are unprotected. The money is in the beaches, so beaches will protect themselves. But the marshlands can't do that," Titus says.

"There will always be beaches for your tourists to go to. The money will see to that," Titus says. "There just may not be any seafood to eat once they get there."—*H. L. D.*

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not exclusive to Padre Island [see sidebar]. All coastal-barrier islands worldwide are affected. Sea levels are rising, and the sand—what coastal barriers are made of—is being pushed to the mainland. The beaches are constantly moving, eroding, sometimes over years, sometimes all at once.

Unique factors, however, are exacerbating the problem on South Padre. Four dams built with international cooperation on the Rio Grande for flood protection and water storage in the communities of the lower Rio Grande Valley capture much of the silt that would otherwise be swept by the current up the coast to the beaches of the island.

Any silt that does get past the dams then encounters jetties at the south end of the island, built by the Corps of Engineers early in the century to protect Brownsville's shipping channel. The jetties block not only the Rio Grande's silt but also sand normally swept up the Mexican coast by the current.

Meanwhile, the sand on South Padre's beaches moves north with no replacement. "There's a local saying that the city of South Padre is supplying sand to the rest of the island," Hockaday says, smiling through a reddish beard.

Two years ago the city began measuring the beach erosion. With the help of the Army Corps of Engineers, it has begun a beach-nourishment program. The army determined that sand from the mouth of the Rio Grande was suitable for beach replenishment. Last December, instead of dumping more than 200,000 cubic yards of dredge material out in the Gulf, the army used it to build a berm running along South Padre's beaches, about a mile and a half away. The berm was about 7 feet high and more than 5,000 feet long.

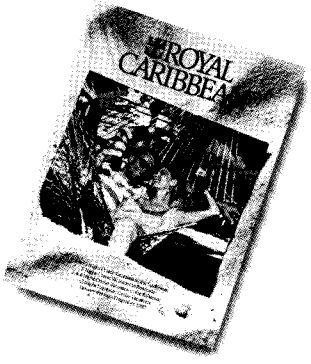
Tracking "sea-bed drifters"—mushroom-shaped discs that migrate with the tide after their salt-ring containers dissolve—the engineers should know by next year if the beaches are benefiting from their efforts.

Of the 1,700 drifters the Corps set out with replenishment sand in December 1987, 800 have been found washed up on the beaches of South Padre Island. The number is a very good sign, says George Alcala of the Corps of Engineers.

"We dredge out the channel every two or three years," Alcala says. "Whether this is enough to replenish the South Padre beaches, I don't know. Only time will tell."

Just as only time will tell if such a project could be worth the effort and the expense, or appreciated by South Padre's swimmers and sunbathers and condo owners. Meanwhile, Ila Loetscher will go on saving turtles from the Gulf, sheltering the sick and injured in deep cement tanks in her backyard. She'll go on raising public awareness through turtle shows; and "Pancho," shaded by a tiny sombrero, and her fellow turtles will go on affectionately patting Ila's face with their flippers. And Ila will go on watching the beach in front of her house disappear.

Instead of reading a book tonight, take a vacation.



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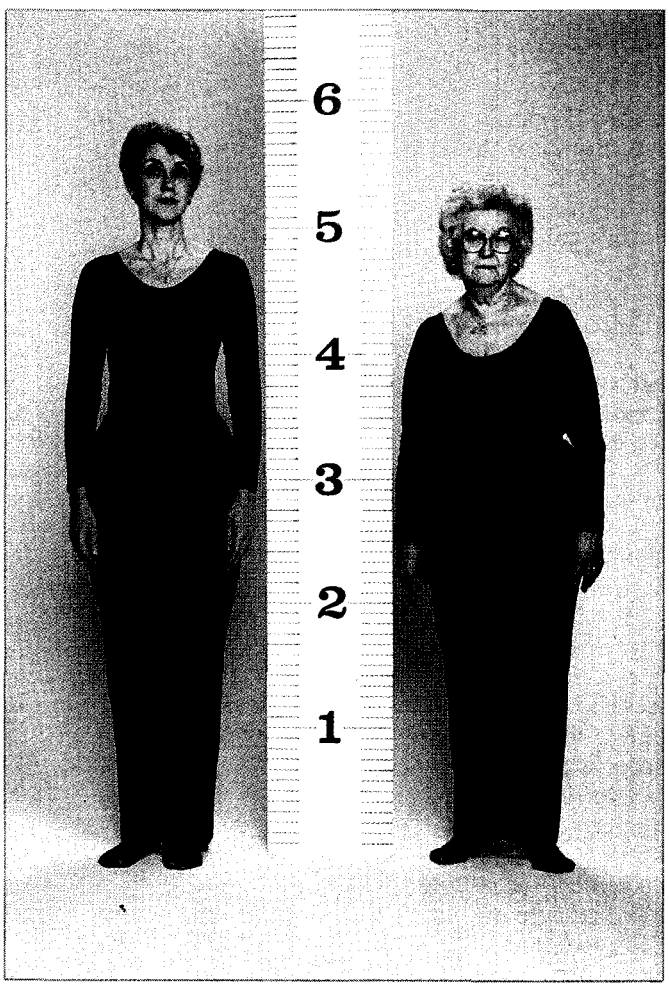
The lithotripter for sparing the scalpel by pulverizing kidney stones and gallstones is pretty much taken for granted. But it was your Society that helped launch the first such pain-saver in the United States. And it was through the efforts of our Kidney Stone Formers Club that we first met Charles Pak, a urologist at the University of Texas Southwestern Medical School.



Mother and daughter were once the same height. Over the past 25 years, Helen Bledsoe (right) has lost 5½ inches of her height due to calcium loss from her bones. With adequate health care, Helen Phillips hopes to avoid a similar loss.

Dr. Pak had discovered a blessed solution for patients distressed with gas and bloating from taking calcium-carbonate preparations. After watching an experiment involving an egg (in its calcium-carbonate shell) brought to the surface in a bowl of vinegar by the power of carbon-dioxide bubbles, he related this effect to the carbon-dioxide gas formed when calcium carbonate reaches the hydrochloric acid in the stomach. For his patients distressed by calcium-carbonate supplements, the clever scientist replaced the carbonate with calcium citrate—no more gas, no more bloating.

Luckily, the timing of this discovery corresponded to our campaign urging members to take calcium supplements as a broken-bone deterrent in later years. (The Sloan-Kettering Institute has also found reason to believe that adequate calcium might prevent colon cancer.) At left, you see the results of calcium loss from the bones of Helen Bledsoe. She and her daughter, Helen Phillips, were at one time the same height. With adequate calcium and exercise, the younger Helen hopes to avoid shrinking the 5½ inches lost by her mother.

Thus we have several good reasons for offering a 100-tablet bottle of Citracal to all contributors who believe in their Society's devotion to easing the misery of the already afflicted as well as to preventing that misery from occurring in the first place. Again, let us count the ways:

Our mobile health units continue to hit the road to offer their services in combating current health problems. Our MAMMOBILE provides free screening tests for women who aren't getting regular mammography. Our HEART MOBILE checks for high cholesterol and high blood pressure, which can lead to heart attacks. Our MOMMA MOBILE goes out of its way to promote education of young women to help them be fit to have healthy babies.

The Saturday Evening Post published the first definitive article on the importance of fiber in the diet in 1974. This interview with Dr. Denis Burkitt is as timely today as it was when it first appeared. We're glad our readers got a jumpstart on preventing many of the problems that eventually come from eating a fiber-depleted diet. Oh, yes,

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Together we have made a difference. Your continued support will enable us to explore more ways in which to relieve humanity of painful afflictions and premature deaths.

Dr. Charles Pak of the University of Texas Southwestern Medical School with his Citracal® (calcium citrate) pills.

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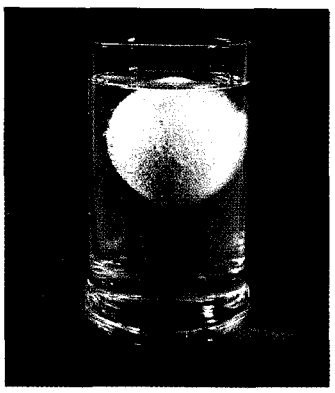
Thanks to your continued support, the Society was also able to warn its members early about the stealthy invader radon gas and to provide the kits for home testing.

After we recommended Citracal in the **Post**, so many of our readers wrote us and complained that they couldn't find it in their local stores that we voted to supply Citracal as our health gift again this month to our contributors. Because you are helping others feel better and live longer by your generous contributions to our research, we hope that you or perhaps a loved one will try this calcium supplement. Those who get gas from taking calcium-carbonate preparations will find it's a godsend.



The powerful tiny bubbles holding up the egg demonstrate why many people get gas when they take calcium carbonate.

Wouldn't it be great satisfaction to know that your gift helped to send these diseases to the bone yard—and introduced you to Citracal, the calcium supplement we hope will keep you standing tall? Just filling out the card or coupon and sending it to the Saturday Evening Post Society will do it.

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AGELESS TENNIS

With physical preparation and a sense of strategy, you can play and win for as many years as you can see and hit the ball.

by Sam Williams

On a recent weekend, Jeffrey Appleblatt, 40, president of a chemical company, faced Stanley Kallman, 58, attorney, for what had to be the 300th duel of their ten-year-old tennis rivalry.

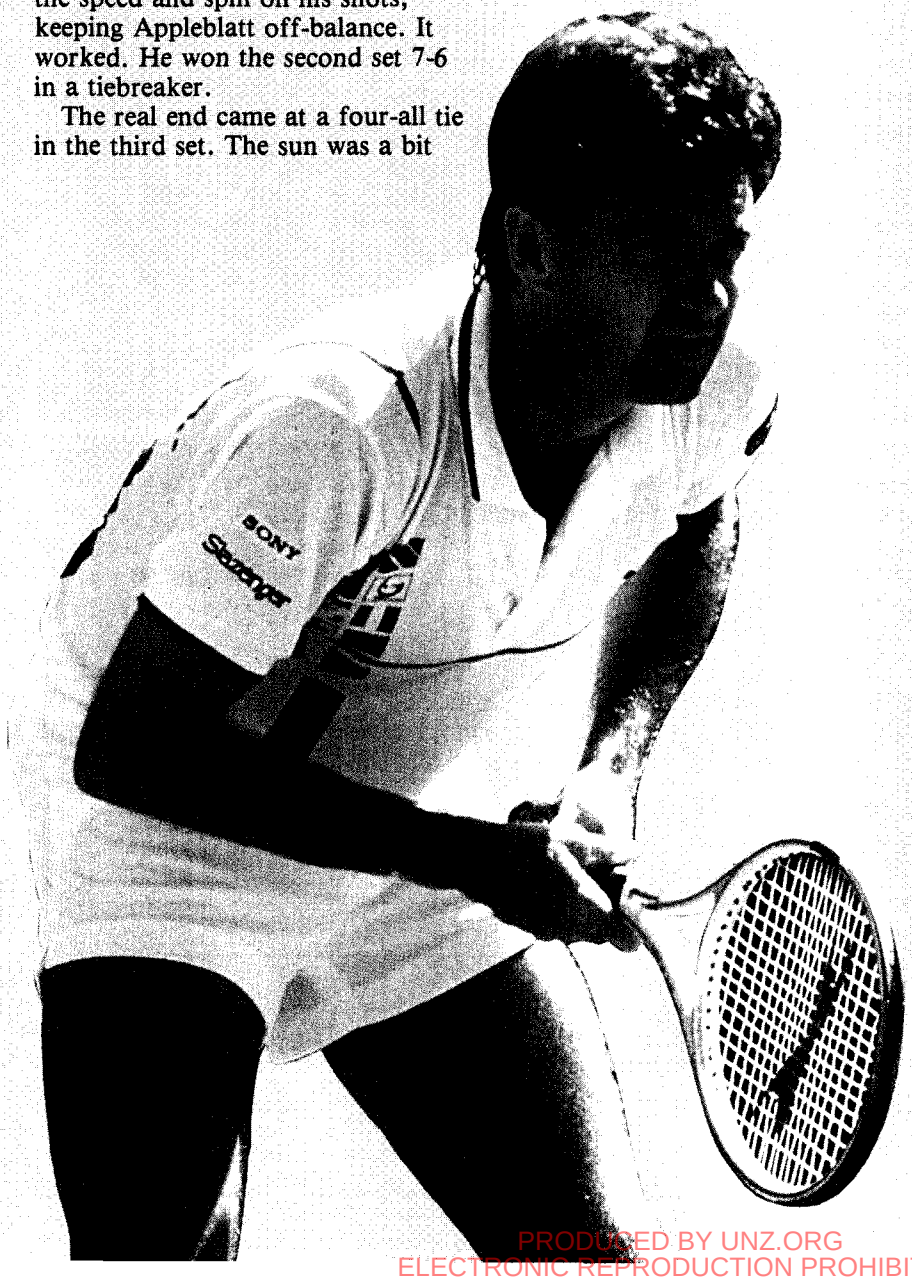
The match was two out of three sets, as usual, and Appleblatt, powerfully built with a bludgeon of a forehand, a reliable backhand, and a strong net game, looked like the easy favorite. Kallman was heavier and 18 years older than his opponent.

In a fast 20 minutes, Appleblatt won the first set. But then, in the second set, Kallman seemed to get his rhythm together—although to be more accurate, he was tearing apart Appleblatt's rhythm. When it seemed Kallman should hit a hard drive, he feathered a delicate drop shot. Kallman constantly changed the speed and spin on his shots, keeping Appleblatt off-balance. It worked. He won the second set 7-6 in a tiebreaker.

The real end came at a four-all tie in the third set. The sun was a bit higher now, and brilliant. Appleblatt was serving. Kallman put up a lob, not too tough, but Appleblatt had to shade his eyes and failed to put it away. Kallman put up another, and another. On the fourth lob, Appleblatt, seemingly blinded, hit the ball into the net, lost serve, then lost the deciding set 6-4, and consequently the match.

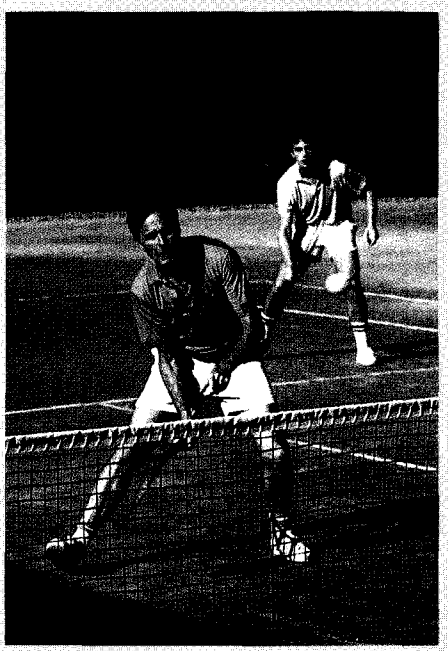
Appleblatt threw his hands into the air and shouted, "How could I lose to you?"

Kallman chuckled and replied, "I'm just smarter than you, Jeffrey."



Not Just Playing, Winning

Relative IQs aside, there's no question that Kallman plays a more intelligent game—a game designed around knowledge of his and his opponent's skills and physical limitations. That element of strategy is one of the major reasons tennis stays so attractive to hundreds of thousands of men and women who continue to play the game from their 20s and 30s into their 70s and 80s.



At age 65 President Bush (above) can clobber much younger opponents. Jimmy Connors (left), in his mid-30s, is still in his tennis prime.

It's not just that tennis is aerobically good for you at any level of play. Or that, as a Manhattan orthopedist, Marvin Gilbert, M.D., says, "It exercises all of your body, not just your legs." Or even that

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you'll burn 450 calories an hour playing hard. It's more that you don't need the raw athletic ability of a Carl Lewis or Florence Griffith Joyner to excel. And, maybe most important, with proper physical preparation, a keen sense of strategy, and mental toughness, you can enjoy the game and win for as many years as you can see and hit the ball and take five quick strides in any direction.

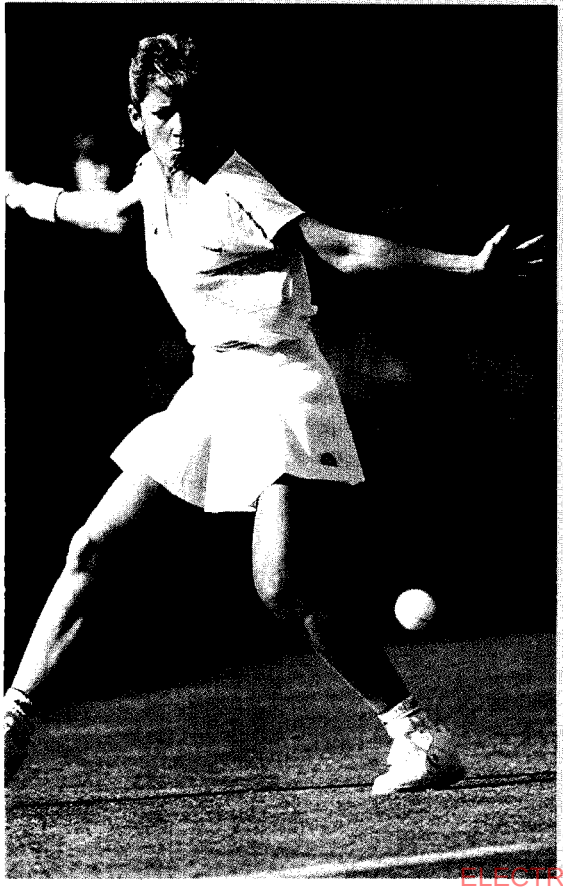
Says one orthopedist, Michael Neuwirth, M.D., "At 70 you've only lost about 20 percent of the reflex speed you had when you were 20." The trick and the task then—as both 37-year-old Jimmy Connors and 58-year-old Stanley Kallman know—is to fine-tune your body to avoid "tennis injuries" and develop a strategy that will take your physical limitations into account: winning strategy is the same for amateurs as it is for pros. (In fact, the match Kallman won was almost an exact strategic mirror of a five-set battle in which Miloslav Mecir defeated Yannick Noah—easily the superior athlete—to win this spring's Newsweek Champions Cup.)

Giving Your Body Every Advantage

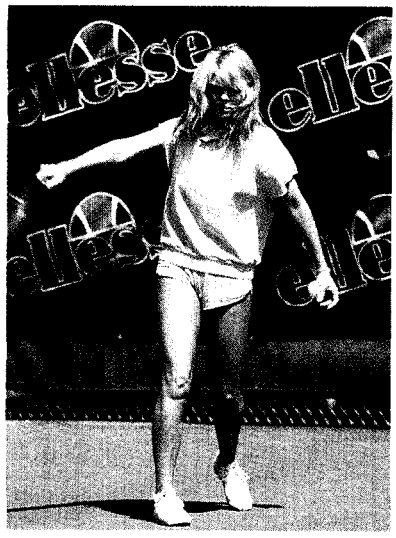
But before getting into smart strategy, an outline of off-court preparation for maximizing performance and minimizing injuries is necessary. "You should be fit to play tennis, and not play tennis to be fit," says the former Wimbledon champ Stan Smith, 42.

The following "tricks" come from Elton Strauss, M.D., chief of orthopedic trauma and reconstructive surgery at Manhattan's Mount Sinai Hospital:

- Most people feel early morning is the best time to play. Wrong—especially as you get older. Your muscles are still tight. Later in the day, they've had time to adjust, and your equilibrium is better.
- Don't play right after you eat. When a lot of food is in your stomach, blood concentrates there to fuel the work of digestion. You want that blood free to energize your legs and arms for tennis.
- Eat at least an hour before playing, and eat lightly.
- Stay away from caffeine near game time. It causes an increase in heart rate. Water is best.
- Empty your bladder before you play—your kidneys will function "easier."
- Taking a shower before the game will help loosen you up. But don't take a hot one. A hot shower causes too much blood flow to the skin and actually contracts and tightens your muscles.
- On a cool day, wear layers of clothing, and don't take them off until you're warmed up, again to keep muscles loose. On a hot day, make sure you have extra tops to change into. You want sweat to be able to evaporate—that's what keeps you cool—and it can't do that through a sweat-soaked top.
- Stretch before warming up. Rosie Casals, who still wins tournaments at 41, says that as you get older, your Achilles tendon and calf muscles become more susceptible to injury. "Pay special attention to both while stretching," Stan Smith adds. On the court, warm up slowly, stroking, not smacking, the ball. When serving, go for



Smart playing helped Chris Evert wear down her opponents and remain a winner in the pro tennis circuit into her mid-30s.



Star Players

Actress Cathy Lee Crosby, 40, a former junior tennis champ who played at Wimbledon, still keeps at it—once or twice a week. "60 Minutes" reporter Mike Wallace, 71, plays every Sunday, or more often, and his co-correspondent Morley Safer, 57, is on the court twice a week. Fashion maven Mary McFadden, 50, is a seven-day-a-week player. Rocker John Oates, 41, is at the net every day he's not onstage. Clothing king Calvin Klein, 46, new to the game, is starting strong, playing three hours a week. Composer Jimmy Webb, 43, plays two to three hours a week, often keeping rhythm with singer Art Garfunkel, 47. Designer Adrienne Vittadini, 44, plays every Saturday. "Dynasty" actor John Forsythe, 71, plays on his home court two or three days a week. Dustin Hoffman, 51, beelined for the courts every day last time he visited The Spa at La Costa. Producer Carl Reiner, 67, plays a couple of times a week. Actor Robert Duvall, 58, works out with pros on his home court. Former "Seahunt" star Lloyd Bridges, 76, plays two or three days a week. Chevy Chase, 45, is a member of L.A.'s ritzy Riviera Racquet Club, where he can be located whenever he can get away. Johnny Carson, 64, plays every day on his own $5 million grass court—complete with spectator seating. Eva Gabor, 65, and Merv Griffin, 64, have played in celebrity events for years. If President Bush, 65, didn't have a country to run, he would make daily use of the White House courts.

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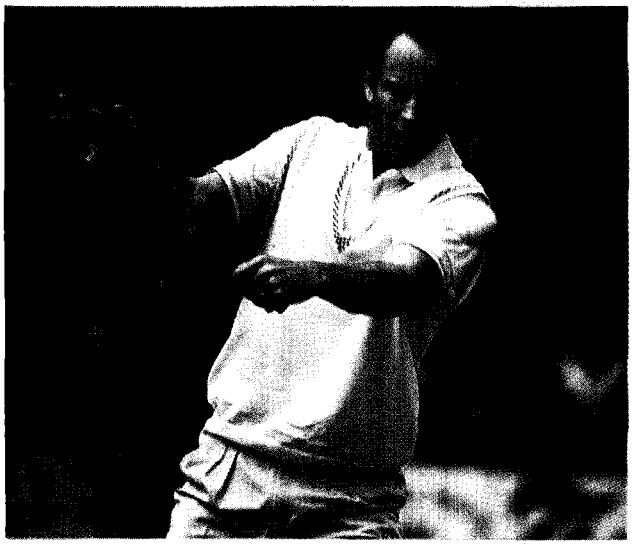
Ivan Lendl bests opponents with easy overhead shots into the corner rather than hard smashes down the middle.

placement until your arm warms up.

All this preparation will help you get the most out of your body the minute the match begins. Remember that as few as two or three points in a set can make a difference in winning and losing. (An example: in the nearly five-hour final between Ivan Lendl and Mats Wilander at the 1988 U.S. Open, Wilander won—but by only 4 points out of the more than 300 played.)

But even preparation can't compensate for the loss of power that's inevitable as you age. "You need to rely more on strategy than on power," Smith says. For instance, have your racquet strung at a lower, or looser tension—but not too loose. You'll sacrifice control, but add more zip to your shots. The recently introduced wide-body racquet produces more power as well.



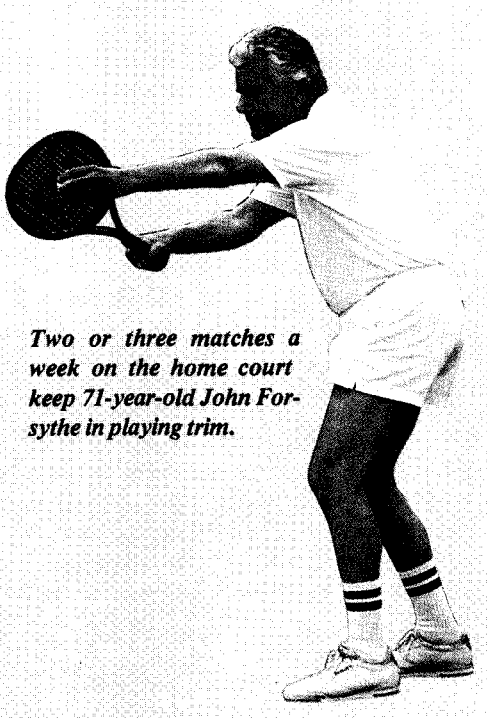
John McEnroe employs a mixed-ball strategy: he seldom hits two balls the same way.

Shrewdness Counts

The following tactics can help sharpen your game. They come from the former touring pro Roger Dowdeswell, 43, of New York's Columbus Racquet Club. Once among the top 40 players in the world, Dowdeswell is still a premier strategist of the game.

- Never smash volleys. They should be hit at sharp angles into the side corners of your opponent's service box; and that requires touch as opposed to a great swing (the way John McEnroe does it). And you'll save your arm and help avoid severe tendonitis of the elbow (known as tennis elbow).
- Try to hit the corners of the box with your serve. Add slice or sidespin, especially to your second serve. It helps control the ball and prevent double faults.
- Hit overheads into the side corners of your opponent's service box to save energy and strain on your neck and back.
- Concentrate. Take the time between points to visualize where you plan to hit the ball, especially when serving—but never actually look at the target. Opponents may spot your glance and adjust appropriately.
- If you're not doing well, don't berate yourself. That's a waste of energy and diverts your focus from the game. "I've never seen a player in the top 20 lose his temper at himself," Dowdeswell says. "Not even McEnroe. He takes it out on umpires, the crowd, photographers, his opponents, but not on himself."
- In singles, try to change the spin and pace of your shots. (McEnroe seldom hits the ball the same way consecutively.) This will break up your opponent's rhythm and make it almost impossible to predict where your ball is going. In addition, your opponent will be working a lot harder than you on most points.
- In doubles, return serves sharply cross-court. This will keep your net opponent from smacking easy putaways. Develop your lob, especially for use in doubles when opponents are crowding the net.

As Stanley Kallman says: "Shrewdness counts. After all, the last person to hit the ball over the net wins, not the person who technically made the best shot."



Two or three matches a week on the home court keep 71-year-old John Forsythe in playing trim.

Aerobic Tennis

For years, tennis has been considered great fun but not great fitness. Exercise experts believed that due to the game's stop-and-go action and the pauses that occur in matches, a player couldn't sustain a high enough heart rate to improve his cardiovascular health.

That supposition appears to be wrong. When a researcher at the University of Arkansas monitored the heart rates of 17 male tennis players aged 18 to 44 during a one-hour singles match, he found they pushed their pulse rates up and kept them up long enough to qualify singles tennis as an aerobic sport.

In a similar study, tennis players who played six to ten hours a week were found to have healthfully low resting pulse rates comparable to people who ran 2½ hours a week.

Of course, doubles play doesn't have the same impact as singles play because, theoretically, you're only doing half the work.

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MEDICAL MAILBOX

by Cory SerVaas M.D.

We can make these times better if we bestir ourselves.—*Benjamin Franklin*

Fighting Infant Mortality

Following the lead of Chuck Mason, approximately 40 dancers stretched, kicked, shimmied, and twisted to the music coming from a portable cassette player in the corner.

"Forward, two, three, clap!" ordered Chuck, a professional aerobics instructor.

"Back, two, three, clap!" the breathless dance troupe responded almost in unison. Even the handful of women who chose not to participate watched from the sidelines, swayed to the rhythm, and clapped on command. Everyone, including Chuck, was having fun.

Darryl Jones

Phlebotomist Kathy Miller joins the Momma Mobile staff to help fight high infant mortality rates. The unit, which visits sexually transmitted disease clinics, community centers, churches, and jails, focuses on fitness, smoking cessation, alcohol and drug avoidance, and CPR training.

The scene was unusual because of the makeup of the group and its stark setting. This was no typical gathering of young matrons bent on keeping in shape by working out at the local body shop; and the location certainly wasn't a suburban health club or a posh fitness center. These were female inmates of the Marion County (Indiana) jail who were serving sentences for crimes ranging from forgery to robbery. The women's exercise facility was an open-air courtyard bounded by barbed wire fences and guarded by several uniformed sheriff's deputies.

"I've never seen them so motivated," one of the deputies remarked, nodding to the group of dancers that included five obviously pregnant moms-to-be.

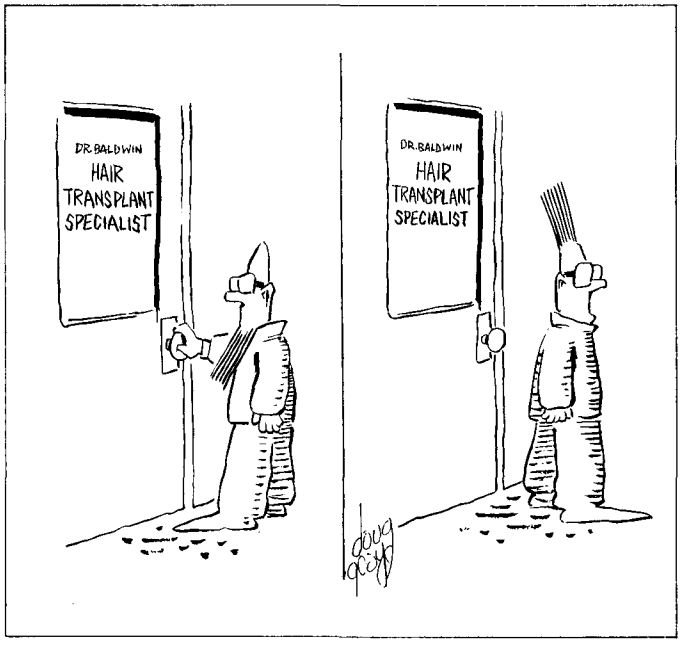
Only an hour earlier, our SatEvePost Society mobile unit had turned onto the secured grounds of the jail to launch a program to help lessen the high infant mortality rate in Indiana's most populous county. Indianapolis, a city of more than 800,000, has been accused of having the highest infant mortality rate in the nation.

Darryl Jones

This attractive young mom became pregnant at 15. At a prenatal clinic, we tried to help her overcome her smoking addiction.

Our plan calls for mobile units—dubbed "Momma Mobiles"—to visit local sexually transmitted disease clinics, neighborhood community centers, churches, and even the local jail to offer free preconception vitamins, smoking-cessation aids, and aerobic dancing classes because we want girls to be healthy before they become mothers-to-be. We hope the aerobic fitness classes will help improve the women's self image.

The program will teach young women why they should quit smoking *before* they become pregnant. A child born to a smoking mother has a greater chance of developing cerebral palsy. Mothers who smoke are known to have a higher incidence of premature babies. These preemies may hemorrhage into their brains, and thus suffer permanent



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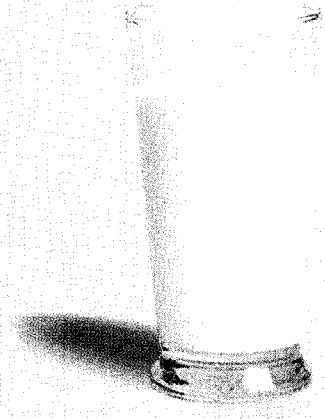
If these don't solve your problem...

you may not know the problem...



or the answer.

If you've tried all the remedies and still suffer from gas, bloating, cramps or diarrhea, you could be suffering from a problem which may affect 50 million Americans:

Lactose Intolerance. This is the inability to digest lactose, the sugar in milk, which may be the cause of your problem in the first place.

But now there's an answer... Lactaid.® Lactaid prevents the problem *before* it occurs. You can enjoy milk, ice cream, cheese and all dairy foods again. Even pizza.

Lactaid caplets–Taken with milk or any dairy food, they make the lactose digestible as you eat.

Lactaid drops–Add to any milk at home. You can remove up to 99% of the lactose and enjoy your favorite milk.

Lactaid milk–Dairy treated and ready to drink. In both Lowfat and Nonfat.

Lactaid caplets and drops are in the antacid sections of most pharmacies. Lactaid milk is in the dairy case at your supermarket.

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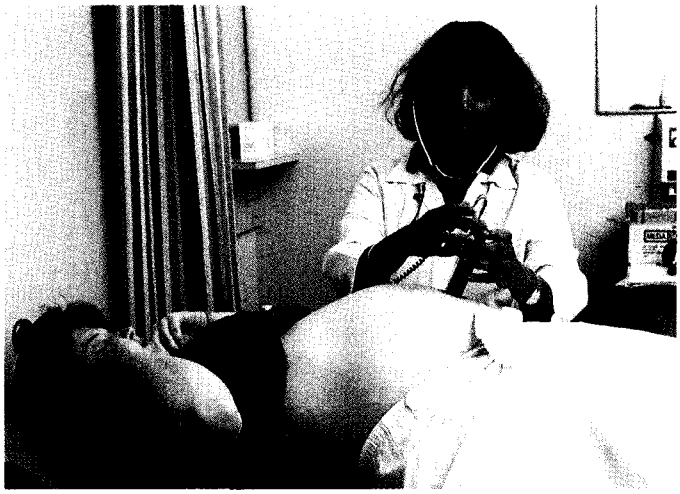


Darryl Jones

Sophisticated monitoring devices make mother and baby much safer during pregnancy and delivery than they were in grandmother's day. But dangerous lifestyles and too-young moms are keeping infant mortality rates high in many cities.

stroke-like damage, leaving them with neurological disorders that can be treated but never cured.

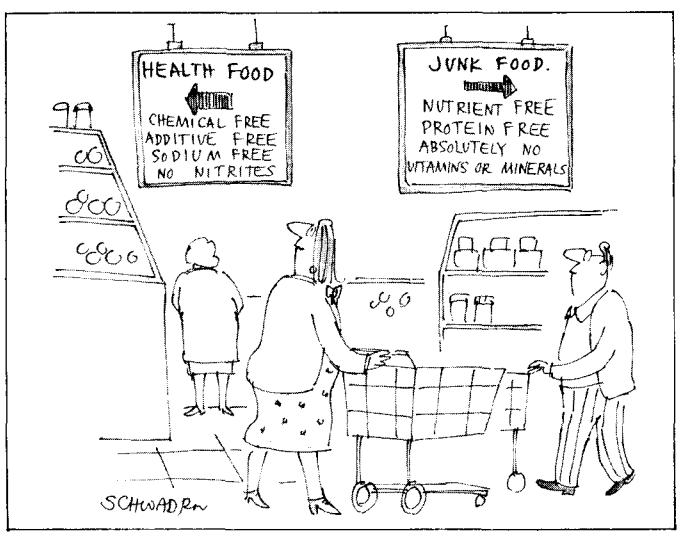
Videotapes will be shown depicting infants with cleft palates. A study reported in the *American Journal of Public Health* showed that the babies of mothers who smoked had a greater risk of having cleft palates than of having other birth defects. In addition, the cigarette effect was dose related: the *more* mothers smoked, the greater their risk for babies with cleft palates.

It is generally accepted that cigarette smoking during pregnancy increases the risk of intrauterine growth retardation, prematurity, mental retardation, and perinatal mortality.

The pilot program will include the dispensing of free nicotine chewing gum provided by Lakeside Pharmaceuticals, makers of Nicorette, for smokers who have not yet become pregnant.

Similarly, maternal alcohol drinking, especially heavy drinking, has been associated with such conditions as mental retardation of the child and a characteristic set of birth defects called "fetal alcohol syndrome."

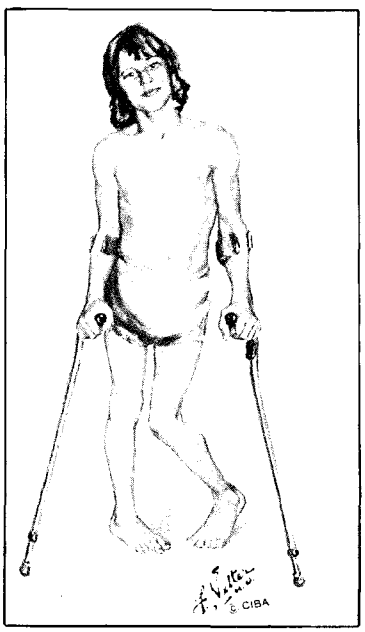
In a recent article in the *New England Journal of Medicine,* researchers suggested that infants may be affected



A baby with hydrocephalus (fluid accumulated in the head) can result from a toxoplasmosis infection during pregnancy. Cleaning cat litter could give a mother-to-be this dangerous infection. Girls are taught, "Enjoy the cat but give the litter detail to others."

by exposure to alcohol through mother's milk. Motor development was significantly lower in infants exposed regularly to alcohol in breast milk. There is evidence from other studies that infants cannot metabolize drugs as rapidly as adults. Alcohol may accumulate.

Future mothers will be taught how to avoid infections that can cause serious birth defects. For example, a woman could give birth to a baby with toxoplasmosis-caused hydrocephalus, leaving the child severely retarded or destined to die within its first year—all because she didn't know she shouldn't clean cat litter while pregnant. Protection against AIDS and prevention of babies with AIDS will also be a major focus of the Momma Mobiles.



A cerebral palsy baby can happen to any mother, but happens more often to smokers.

We have prepared videotapes with heartrending pictures of birth-defective babies born to women who didn't know or didn't care. We have had very good success showing these videotapes to girls who sit in boredom waiting for their names or numbers to be called by sexually transmitted disease clinic professionals.

Any groups that would like to use our videotapes or copy any of the educational literature are invited to do so. We hope this pilot program will be useful in other cities with high infant mortality rates.

The Society's plan calls for community volunteers to help in implementing the programs.

Join the Club

Dear Dr. SerVaas:

We are very interested in your work and may wish to begin a group along the lines of the Kidney Stone Formers Club. Can we use your material, or even name? Please inform us what you can help us with.

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We are also interested in any back issues you have on anything to do with stone prevention (medically).

Ialiya Dobian
Stone Prevention Clinics of California Inc.
Los Gatos, California

We are happy to have you develop a West Coast chapter of the Kidney Stone Formers Club. We are asking the editor of our Kidney Stone Formers Club Quarterly to send you information, and yes, you are welcome to use our materials. I don't remember meeting any members from the West Coast when we had meetings of the Kidney Stone Formers Club in Indianapolis.

Lactaid to the Rescue

Dear Dr. SerVaas:

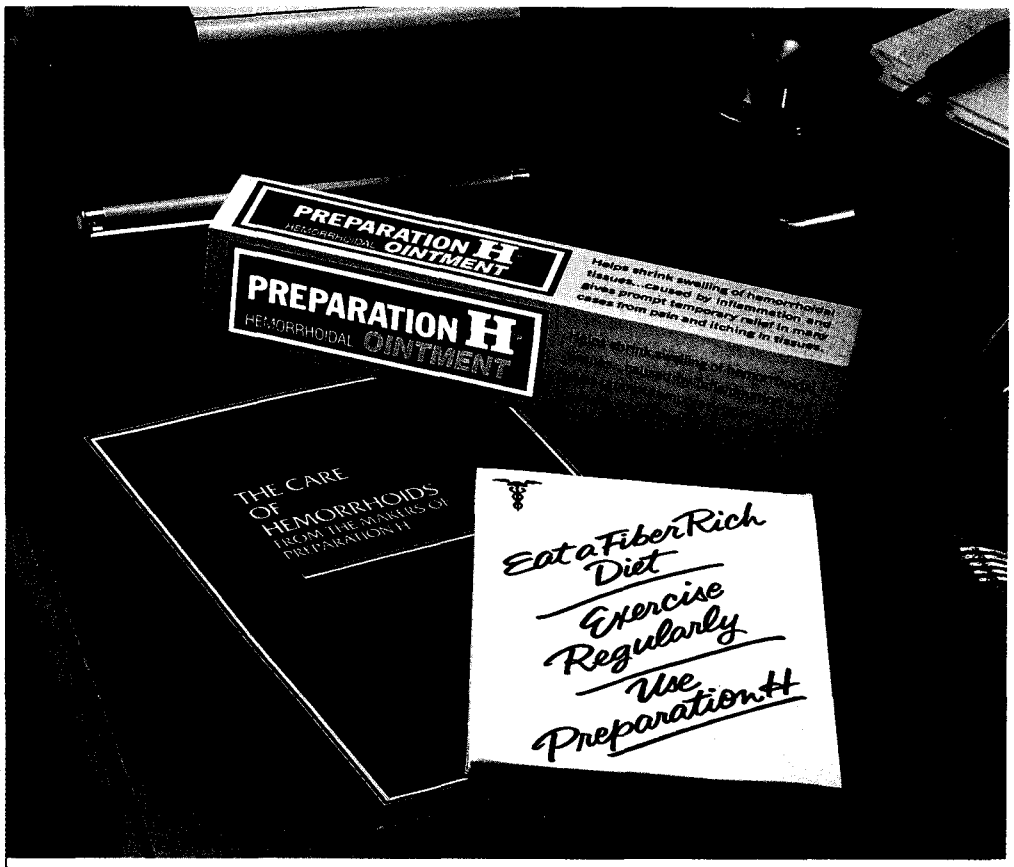
Recently I was told by my doctor that I had osteoporosis. What concerns me now is that lately I can't drink any milk products. I get severe abdominal pains every time I drink milk or eat ice cream—my most favorite food. What's happening to me? I had always thought that osteoporosis could be helped by increasing calcium. I drink milk to increase calcium and just get sick. Can you give me any information?

Maggie Johnson
Chicago, Illinois

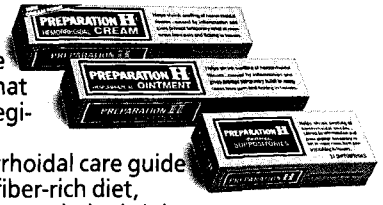
Lactose, the carbohydrate (sugar) found primarily in milk and ice cream as well as other dairy products, is tolerated poorly by many adults. The primary cause of this problem is a deficiency of the enzyme lactase ordinarily secreted by the small intestine to break down the lactose into glucose and galactose. Absence or deficiency of lactase results in malabsorption of the sugar and produces such symptoms as abdominal cramps, flatulence, and diarrhea. Occasionally, an acute intestinal infection may result in decreased lactase activity. Such chronic intestinal diseases as celiac disease, sprue, and Crohn's disease or other inflammatory bowel diseases have been implicated as well. Lactase deficiency is increased in persons with osteoporosis, probably due to poor absorption of calcium.

The approaches to solving the problems associated with lactose intolerance are relatively simple. Lactose intolerance is usually not total. Individuals can learn to reduce their intake of dairy products to a level of tolerance. Whole milk is digested easier than skim milk. Yogurt, cottage cheese, buttermilk, sour cream, and cheeses, which are fermented in the process of production, are frequently tolerated fairly well in lactase-deficient individuals because these foods contain bacteria that break down the lactase into glucose and galactose. A commercially prepared, semipurified yeast lactase such as Lactaid can be given with dairy products to metabolize the lactose. The Lactaid can be taken at mealtimes with dairy products, or added to milk (5 to 15 drops per quart of milk). Most lactose will be changed into the simpler sugars within 24 hours when the yeast product is added to the milk.

Additionally, individuals who are unable to tolerate sufficient quantities of milk should receive calcium and vitamin D supplements to ensure adequate intake of these nutrients. Foods such as tofu can be a good source of calcium as well. Lactose problems can be debilitating if individuals do not use intelligent approaches to their resolution. With appropriate treatment, lactase deficiency becomes a relatively simple matter.



Preparation H.
When your doctor says you don't need surgery.



If the agonizing pain and burning itch of hemorrhoids makes you feel you might need surgery, the very first thing you should do is see a doctor. Most likely, your doctor will tell you that your problem is not that serious and a simple regimen of care can alleviate the problem.

Thousands of doctors distribute this hemorrhoidal care guide from the makers of Preparation H. It advises a fiber-rich diet, regular exercise, and, for flare-ups, Preparation H to help shrink the swelling of hemorrhoidal tissues and often provide temporary relief of pain and itch.

Don't suffer the pain of hemorrhoids or the anxiety of surgery. Consult your doctor today.

Doctor recommended
PREPARATION H
Cream, Ointment, or Suppositories
Use only as directed

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Generic Answer

Dear Dr. SerVaas:

My daughter uses tetracycline for her acne and it helps, but it is expensive. Is there a cheaper drug she could use?

Brenda Adams
Duluth, Minnesota

Her dermatologist would probably prescribe Sumycin for her acne if she asked him to make this substitution. Sumycin is the generic product on the market for far less cost than the original patented product. Many things can be tried for acne, including a careful diet. For some kinds of acne, avoidance of peanuts, chocolate, and other high-arginine foods seems to help.

Immunotherapy in the Fight Against Cancer

Steven Rosenberg, M.D., chief of surgery at the National Cancer Institute, has developed experimental procedures that use the body's own natural immune defenses to reject cancer growth in patients already diagnosed with the condition.

Historically, three means have been used by physicians to treat patients with cancer: surgery, radiation therapy, and chemotherapy. Appropriate use of these modalities can cure approximately 50 percent of the people who develop the disease, Dr. Rosenberg says, "but because of the enormous incidence of cancer—last year 485,000 Americans died of cancer . . . more Americans than died in all of World War II and the Vietnam War combined—there's a desperate need to develop new methods, new approaches." Recognizing this need, Dr. Rosenberg pioneered an approach that attempted stimulating the body's immune defenses against cancer rather than taking advantage of the external forces—surgery, medication, or radiation.

If the immune-defense theory that Dr. Rosenberg is investigating is confirmed as an effective cancer-fighting therapy, it may also lay the groundwork for utilizing the body's immune-system capabilities to fight other potentially lethal diseases, such as emphysema, lupus erythematosis, and diabetes.

"Yes, Mrs. Lampkin, your fear of heights does seem very acute."

The complicated process involves first removing a patient's cancerous tumor; then growing "killer" white blood cells or tumor-infiltrating lymphocytes (TIL) obtained from the tumor outside the patient's body; combining the TIL with Interleukin-2, which causes rapid reproduction of the TIL cells; and reinfusing the TIL cells into the original patient. These lymphocytes appear to attack only the patient's cancer cells, leaving normal cells alone.

Peter Michael

Dr. Steven Rosenberg is a people person. He is quick to give credit for immunotherapy cancer research to all the people pictured on his office wall: they have all worked with him. All persons on planet earth will benefit if his new approach to cancer treatment proves to be successful. Most of us first became aware of Dr. Rosenberg when he appeared on national TV to describe President Reagan's colon cancer.

Chemo: Yes or No?

Dear Dr. SerVaas:

I always enjoy your appearance on TV, as you always have good ideas for better health.

When my husband had surgery for prostate cancer four years ago, I wrote to you and you responded with help. He takes a daily hormone pill and has a blood check by his specialist every three months, and we thank God all is well.

We were lately devastated to get the news that our daughter-in-law, age 39, went in to have a lump removed which the doctor thought would be benign but was not. She only gave him permission to remove the lump but afterwards, on his recommendation, she had the breast removed. The cancer had not spread, for which we are immensely grateful. She had the usual bone scan, liver scan, etc., and all checked out clear.

It is hard to figure out. This girl is active, runs, walks, is slender and keeps her weight down, and cooks healthfully.

The doctor now recommends, since she is so young, that she have follow-up treatments of chemo for six months, three weeks apart. She has a good, upbeat spirit and says, "I am fine." However, she must be torn emotionally. I can scarcely bear the thought of those treatments for her. Is this a treatment you would approve?

Can they hurt her more than help? Have you any suggestions how we may help her in these hard weeks ahead?

Name withheld
Shenandoah, Iowa

We referred your letter to an oncologist, who reported

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Message from Jean Rignac

I have always been disturbed by the fact that people suffer throughout the year with serious money problems, failure in love, loneliness, fear of tomorrow, and that nothing is done to help them.

That is why I have decided to place my 45 years of experience as an astrologer at your service.

Thanks to the method I have perfected, which has finally been revealed, I can accurately tell you your future for the next twelve months.

The most important thing: I can tell you how to take advantage of your lucky periods and the good things which are going to happen during those months (this is for sure, even if you don't believe it). I can also teach you how to avoid those hard blows—with my help you can quickly see your life completely changed.

The Greatest Astrologer in Europe

Americans call him "Europe's most famous astrologer" after he made a series of predictions in a well-known American weekly, with a circulation of 17 million readers. These predictions concerned the lives of such famous people as the Kennedy family, Barbra Streisand, Richard Nixon, Elizabeth Taylor, Queen Elizabeth, Sophia Loren, and many other celebrities.

And as the months passed the Americans had to recognize that, amazingly, everything he predicted came true.

For more than 21 years, now, he has broadcast on Radio Luxembourg, followed by millions of listeners. And that's not all—each week in a famous paper, 1.6 million readers devour the page in which he describes their future, sign by sign.

The tens of thousands of letters he has received over the years prove the incredible accuracy of his predictions. Many people have asked themselves how he does it, how he exceeds (by far) the percentage of accurate predictions in astrology.

A large newspaper has lately given him the title of Astrologer of the Year with a score of 20 out of 20 for the accuracy of his predictions. This score puts him at the head of all astrologers in Europe, and perhaps, the world.

All this to tell you that Jean Rignac is not an ordinary astrologer. He is an exceptional person who can really tell you what's going to happen to you in the next twelve months.

Jean Rignac wants to use his valuable experience to help as many people as possible and to extend his helping hand to them. He is not able to do it for long because he soon will have to give priority again to his normal clients.

A Secret Method

As a youth, Jean Rignac was training to be an engineer. Always inquisitive and eager to learn, he asked himself this question: How is it that princes, emperors, geniuses, the great people of the world, follow the advice of their astrologer? Why do these men, with such heavy responsibilities, consult them when they have an important decision to make? Is there something true about astrology, then?

He did some research and very quickly concluded that it was true, that there is something about it. He began to study astronomy, medicine, psychiatry, to research their influences on each other and on the character and behavior of people. Little by little, he perfected a method that gives him fabulous results—predictions with an accuracy that no astrologer has ever before succeeded in obtaining.

Jean Rignac's Predictions

During the course of his life, he has made thousands of predictions. But here are the most famous ones.

Jackie Kennedy's divorce from Aristotle Onassis in 1972. Barbra Streisand's love and health problems. President Nixon's visit to China. The six-day war between Israel and the Arabs, and its exact duration.

In the middle of 1970, he predicted the death of General de Gaulle (which happened on November 9, 1970). The death of Charlie Chaplin. The end of Gina Lollobrigida's film career. The stock market crash of 1988, etc.

He has drawn up the horoscopes of dozens of politicians and several Presidents of the Republic.

Many of his predictions concerning the political or economic life of the nation are not published. But they exist, and some people have benefited from them. Their accuracy is amazing.

Act Today

If your life is troubled by a **serious problem**, fill out the attached coupon right away. You are the person that Jean Rignac has agreed to help.

ATTENTION: Jean Rignac will only be able to reply to a limited number of persons, so mail in your coupon today, **right away**. The revelations and free help that you are going to receive may change your life completely.

FREE Help from Jean Rignac

FREE, based on your date, time and place of birth, and on your first name, I will prepare and offer you:

1. An important study about yourself which you can use as a base for hope in the immediate future and also, how to act.

2. The solution to the serious personal problem you're obsessed with now.

Note: Your problem must be really serious. I cannot waste my time helping those who are simply curious, or who don't really need my help. Make it clear what your problem is in the "Coupon for Free Help from Jean Rignac" and send it in within five days. Send no money. Everything is free for you, except 5 stamps postage.

I am waiting to hear from you.

Jean Rignac

I can't make this offer for free help for very long. Hurry.
J. Rignac

Jean Rignac
A big newspaper has just named him Astrologer of the Year, with a score of 20 out of 20, for the astonishing accuracy of his predictions.

© 1989. Jean Rignac, 175 Fifth Avenue, Suite 2500, New York, NY 10010

COUPON FOR FREE HELP FROM JEAN RIGNAC

Return this coupon to: Jean Rignac
175 Fifth Ave., Suite 2500
New York, NY 10010

YES, I am suffering from a serious problem that is disrupting my life. I want Jean Rignac to send me the Free Help mentioned in the article, which I am keeping as proof. My problem concerns:

☐ **Money** ☐ **Love**
☐ **Loneliness**
☐ **Other serious problems**

☐ Mr. ☐ Mrs. ☐ Miss

Last Name _____
First Name _____
Street _____
City _____
State _____
Zip _____
Date of Birth _____
Place of Birth _____
Time of Birth _____
Phone ( ) _____

* Packages from Jean Rignac are sent with no external markings. You will receive your Free Help without giving any money. No one will call on you. Send 5 stamps (or one dollar) for postage.

JR31

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that recent information regarding the drug tamoxifen (an estrogen blocker) indicates that tamoxifen is useful in premenopausal as well as postmenopausal patients with breast carcinoma whether or not the receptor status of the patient is positive. This is recent information that has become available.

Because your daughter-in-law is scheduled for chemotherapy for six months, three weeks apart, this likely refers to a recently published program of Cytoxan, methotrexate, 5-FU, and prednisone, which is certainly appropriate for patients who have lymph node involvement. The protocol may be of value for cancer patients without positive nodes.

It would be a good idea for you to call 1-800-4CANCER at the National Cancer Institute to find out whether there are any cooperative studies or programs your daughter-in-law could enter. We're sending you a copy of our last interview with Dr. Broder, the director of the National Cancer Institute, in which he discusses breast cancer and encourages patients to dialogue with their doctors about the treatments they will receive.

Annual Mammograms Advised After 40

Dear Dr. SerVaas:

I have a question that I need help on. I wonder if mammograms are safe to have on a yearly basis. I am 46 years old—teacher and mother of an eight-year-old sweetheart. I am a single parent and must stay healthy to raise this dear little girl to adulthood. I have fibrocystic disease in my breasts, but other than that I hardly ever get sick. I'm very grateful for good health.

After we had one baby, I developed extra milk, etc., in my milk glands. They had to be aspirated twice, and at that time, the doctor said, "You have fibrocystic disease." I bottle-fed our daughter. Perhaps if I had breast-fed her, this wouldn't have happened. I don't know. I have never smoked or taken birth-control pills.

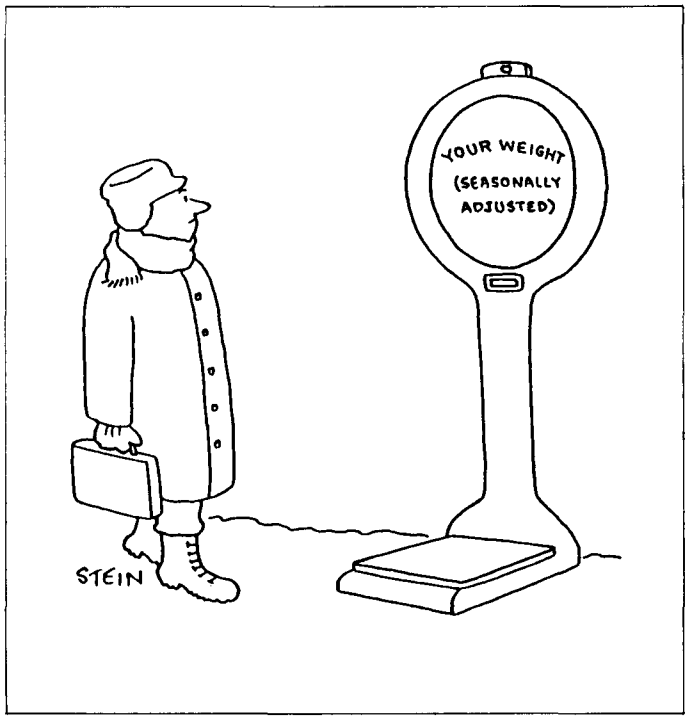
The doctor said at 39 I needed a baseline mammogram. At 40 I had to have mammography, but frankly, the X-ray technicians didn't seem to know what they were doing—didn't even have the plates labeled clearly. The doctor said I probably didn't have a problem but needed a biopsy, so I had surgery on the right breast. Everything was O.K.—it was fibrocystic. I kept feeling like the other shoe was going to drop. Doctors would say don't worry but come in every month or every three months. I no longer used caffeine, etc. I guess stress and heredity have a lot to do with fibrocystic too. I'm sure my stress rate went up a few notches. Then we moved and we switched to a different doctor, and she said, "It sounds like you've been through a lot—I also have fibrocystic and I know the strain you've been under." She suggested Dr. Pat Harper at the Breast Center in Indianapolis.

The first year I went, I had mammogram, ultrasound, and hand exam— fibrocystic was the result. Dr. Harper felt only ultrasound was necessary the next year and said I might get to skip a year, but she decided since my breasts are so dense I'd have to come yearly for mammography. This last week I had a mammogram, ultrasound, hand exam. The results were still good—no change in my condition. Since then I've picked up some magazines and read that radiation from mammograms is dangerous. In one article a doctor said they should not be given until after 50. I thought, "Oh, my, have I endangered my body?"

There is no breast cancer in our family except for a great aunt who had breast cancer but lived into her 80s.

In your opinion, should I have a mammogram yearly or are they safe? Please send me an answer and also please address this on your health program, because probably there are many ladies wondering the same thing. We need to be able to relax and follow a system.

Mary June Poer
Edinburgh, Indiana



Mammograms are recommended every one to two years for women past the age of 40. In those instances in which there is any potential pathology, mammograms are recommended annually between ages 40 and 49. *All* women should have annual mammography beginning at age 50. These guidelines are supported by the American Cancer Society, the National Cancer Institute, the American Medical Association, and the American Academy of Physicians. We urge you to follow the advice of your physician and go for a yearly mammogram, and to perform a self breast examination on a monthly basis.

You are in good hands at the Breast Center. For our other readers, it is a good idea to ask whether the equipment on which you will be given a mammogram is state-of-the-art equipment that provides low-dose radiation. The fast film used today gives far less radiation than was customary a decade ago. For this reason, such experts in the field as Dr. Myron Moskowitz of Cincinnati believe that many lives could be saved if *all* women were mammogramed *yearly* after age 40.

Rare Blood Disease with Cause Unknown

Dear Dr. SerVaas:

Has anyone done any research on polycythemia rubra vera? My daughter had this disease and we know little about it. When my daughter last gave blood to the Red Cross (this was the last of four gallons that she gave through the years), the Red Cross doctor asked her to come in, and she was told she had polycythemia rubra vera and should see her doctor. Fortunately, he had another

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"I'm watching my weight. Bring me 600 calories worth of food."

patient with this disease, and he also had done research on it when he was in medical school. My daughter had been going to him with other problems—herpes (not genital) and a thyroid condition.

She died December 31, 1988, after a two-week stay in the hospital with abdominal cancer. She went to the hospital December 16, 1988.

She had not been feeling well. The doctor had taken an X-ray and a scan in early November. They showed nothing. Antibiotics and a diuretic had not helped. Surgery and a biopsy showed inoperable cancer in the abdomen in the lymph nodes. It had spread a lot. The blood specialist told me the cancer had nothing to do with the blood disease. The surgeon who did the operating told me that he, after looking at the X-ray and scan done earlier, was amazed that they showed nothing. My daughter rapidly got worse and soon died. Thank heaven she didn't suffer long.

I am, of course, curious about the blood disease. We were told it could be hereditary, but we know of no one in our immediate family who has it. My daughter wondered if some blood she received some years earlier could have had anything to do with the disease.

The Red Cross couldn't use her blood after they found she had the blood disease, although she had blood taken regularly after that to help thin the thick blood. When she was in the hospital, the blood was in much better condition than it had been.

Thank you for any information your wonderful doctors may have. I'm just curious.

Claire E. Howes
Address unknown

How sorry we were to hear about your daughter. The condition you describe, polycythemia rubra vera, is known also as primary polycythemia vera or erythrocytosis.

As to whether the blood your daughter received years earlier had anything to do with her disease, we suspect the jury is still out on that question. Because we don't know whether this disease is caused by a virus, we can only speculate. We don't know yet if it might be caused by a slow-developing virus such as the "lentivirus" HTLV-I, which can bring on leukemia or a multiple sclerosis-like disease called tropical spastic paraparesis. To our knowledge, the cause of polycythemia rubra vera is not known. It has been implicated as a precursor to leukemia.

The condition refers to a marked increase in the production of red blood cells by the bone marrow, which causes the blood to "thicken." Red blood cells, as you probably know, carry oxygen to all parts of the body. In polycythemia, there is an increased volume of blood and an elevated hemoglobin and hematocrit. The increased volume in the venous system (venous engorgement) causes excessive amounts of blood that cannot be adequately pumped through the heart for oxygenation. Individuals with the condition appear to be quite red-faced; often have headaches, ringing in the ears, or tinnitus; have a feeling of fullness in the head and neck; and may become lightheaded. Occasionally, nosebleeds and upper gastrointestinal bleeding may occur. There is a possibility of spontaneous bruising as well as development of peptic ulcers and itching due to an increased release of histamine.

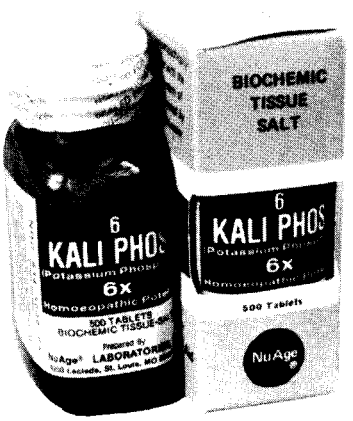
As you mentioned, bloodletting, or phlebotomy, is usually done to relieve the condition. We hope this brief

continued on page 112

From Battlefield to Bedside

During the Civil War, Clara Barton spent her time carrying supplies to soldiers and nursing wounded men on the battlefields. This first-hand experience led her to the founding of the American Red Cross in 1881.

While ladies like Clara Barton were serving the health needs on both continents, NuAGE LABORATORIES LTD. had been in business several years, supplying safe and effective medicine to relieve pain and suffering. KALI PHOS was one of these remedies. KALI PHOS is a true nerve tonic especially recommended for nervous people. A great remedy for all forms of nerve debility and symptoms arising from want of nerve power, KALI PHOS is a lactose-based, safe, and effective homoeopathic tablet manufactured by NuAGE in accordance with the Homoeopathic Pharmacopoeia to ensure "purity, quality, and accuracy."



Today the Red Cross still serves the needs of many. Likewise, NuAGE homoeopathic remedies are still being manufactured of the same quality and safety to meet today's standards. Look for NuAGE products at better nutrition centers, or send $4 each plus $2 p&h to:

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PHYSICIAN WHO M OF SPECIALISTS.

A true family physician is a general practitioner who can treat you and your family in about 85% of all cases.

But in this age of specialization, a family physician can be hard to find. That is, unless your physician's initials are D.O. (Doctor of Osteopathy).

D.O.s are specifically trained to be general practice, family physicians. And they are supported by a full contingent of D.O.s who concentrate in the many medical specialties.

It Takes A Generalist To Know A Specialist.

The D.O.'s training is particularly beneficial to you in the event you do need to see a specialist.

All D.O.s are exposed to a broad range of medical disciplines during medical school. Consequently, D.O.s develop a broad perspective on medical practice which allows them to recommend the right specialist for you.

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After graduation from medical school, D.O.s complete a one year supervised training period in the actual practice of medicine called "internship."

Unlike other physicians, the D.O. internship program rotates all D.O.s among the major medical disciplines such as internal medicine, surgery, obstetrics/gynecology, pediatrics and general practice. With additional exposure in other important areas.

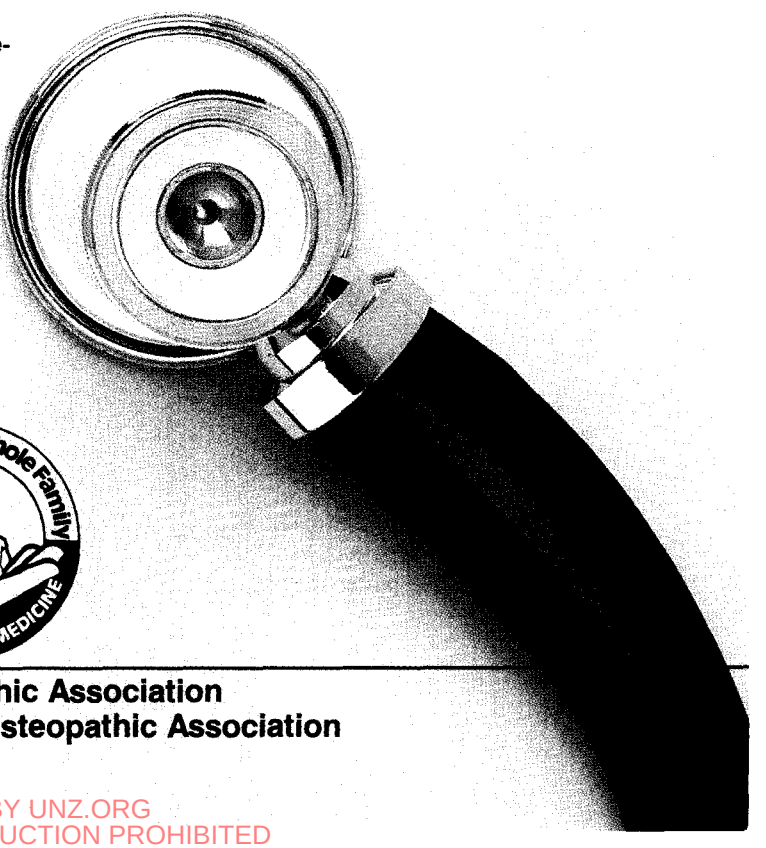
Most D.O.s take advantage of this broad medical education to become family physicians. But some D.O.s do specialize.

Before the D.O. can go on to become a specialist, he or she must first be fully licensed as a general practice physician. If the D.O. elects to specialize, the additional training usually lasts from three to four years.

D.O.s concentrate in all the medical specialties, including anesthesiology, emergency medicine, internal medicine, general practice, general surgery, obstetrics/gynecology, ophthalmology, orthopedic surgery, pathology, pediatrics, psychiatry, radiology and all the rest. All the subspecialties also have practicing D.O.s, including cardiology, gastroenterology, neurosurgery, and otorhinolaryngology, just to mention a few.

For Additional Information.

For additional information, please write: Auxiliary to the American Osteopathic Association, 142 East Ontario Street, Chicago, IL 60611.



Health for the Whole Family
OSTEOPATHIC MEDICINE

American Osteopathic Association
Auxiliary to the American Osteopathic Association

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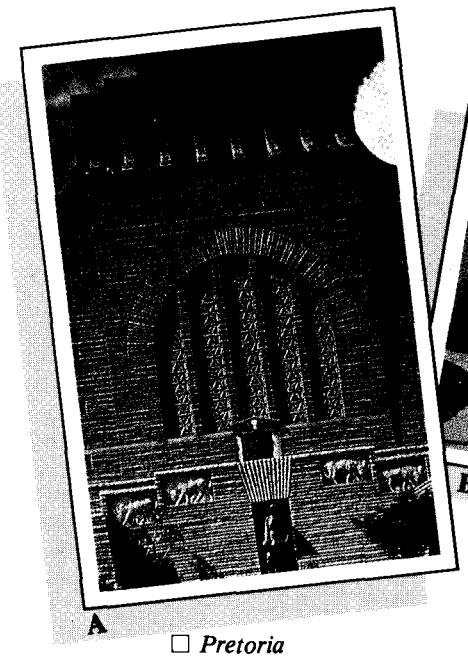
Where in the World?

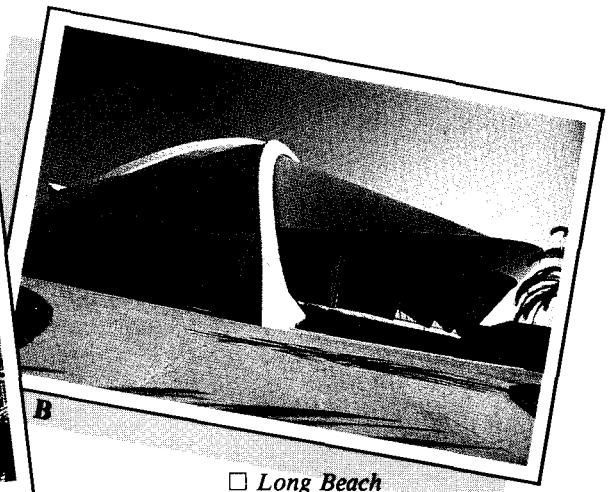
The styles are different, but the intent is the same: to convene, converge, commemorate, and celebrate. Guess the location—we'll tell you the function.



A

☐ *Pretoria*
☐ *Amsterdam*
☐ *Luanda*

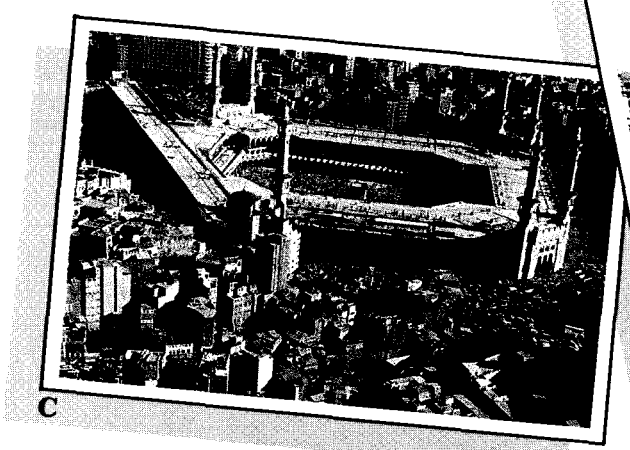
"Ons vir jou Suid-Africa" reads an inscription inside this monument, where once a year, a ray of sunlight shines through the roof onto the engraving.



B

☐ *Long Beach*
☐ *San Diego*
☐ *Anaheim*

Visitors here might wear funny-looking hats or nametags as they buy, sell, eat, drink, interface, socialize, demonstrate, or exhibit just south of Mickey Mouse's West Coast habitat.



C

☐ *Jerusalem*
☐ *Damascus*
☐ *Mecca*

Pilgrims in white turbans solemnly encircle the cube-shaped building to kneel in prayer where heavenly power is said to directly touch the earth.

D

☐ *Los Angeles*
☐ *Chicago*
☐ *New York*

This 5,280-foot-long strip is dominated by a chewing-gum stronghold on the left and Col. Robert McCormick's tower on the right—and filled with throngs of well-heeled shoppers.

Answers on page 112

Quick One

continued from page 38

we must not suffer to be mysteriously destroyed. But——"

He said the last word sharply, like one taking a new step in decision.

"——But when once I step off that mystical level of equality, I don't see that most of your important murders are particularly important. You are always telling me that this case or that is important. As a plain, practical man of the world, I must realize that it is the prime minister who has been murdered. As a plain, practical man of the world, I don't think that the prime minister matters at all. As a mere matter of human importance, I should say he hardly exists at all. Do you suppose if he and the other public men were shot dead tomorrow, there wouldn't be other people to stand up and say that every avenue was being explored, or that the government had the matter under the gravest consideration? The masters of the modern world don't matter. Even the real masters don't matter much. Hardly anybody you ever read about in a newspaper matters at all."

He stood up, giving the table a small rap—one of his rare gestures—and his voice changed again:

"But Raggley did matter. He was one of a great line of some half a dozen men who might have saved England. They stand up stark and dark like disregarded signposts, down all that smooth descending road which has ended in this swamp of merely commercial collapse. Dean Swift and Dr. Johnson and old William Cobbett—they had all without exception the name of being surly or savage, and they were all loved by their friends, and they all deserved to be. Didn't you see how that old man, with the heart of a lion, stood up and forgave his enemy as only fighters can forgive? He jolly well did do what that greasy temperance lecturer talked about—he set an example to us Christians and was a model of Christianity. And when there is foul and secret murder of a man like that, then I do think it matters—matters so much that even the modern machinery of police will be a thing that any respectable person may make use of. . . . Oh, don't mention it. And so, for once in a way, I really do want to make use of you."

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And so, for some stretch of those strange days and nights, we might almost say that the little figure of Father Brown drove before him into action all the armies and engines of the police forces of the Crown, as the little figure of Napoleon drove the batteries and the battle lines of the vast strategy that covered Europe. Police stations and post offices worked all night, traffic was stopped, correspondence was intercepted, inquiries were made in a million places, in order to track the flying trail of that ghostly figure, without face or name, with an Inverness cape and an Edinburgh ticket.

(concluded next issue)

Harry Caray

continued from page 55

louder. Finally he says, "Let's do it." Caray's smile and a spotlight suddenly brighten up the room.

"Gooooooood afternoon, Cub fans! Harry Caray here from Wrigley Field. What a beauuuutiful day for baseball," Caray exclaimed before a sold-out June game with the New York Mets. "What are you doing at home? You should be at the ballpark. Don't you know Dwight Gooden is pitching for the Mets? The Cubbies are going for their third straight win against the New Yorkers. . . ."

After the promo, Stone and the assistant take their places for the first pitch. Caray arranges his score sheet, Mets roster, birthdays and anniversaries, and the *Chicago Tribune* sports section.

Caray's face isn't seen again until that seventh-inning stretch. But his voice booms. Three times in one inning Caray reacts wildly. Two hits and a home run bring a rollicking "Hooolllyyy Cooowww!" Following every yell, sportswriters and broadcasters in adjoining press boxes turn toward Caray and wave, applaud, or just laugh.

"I am just a big fan. I don't realize what I do," Caray said. "If there's any appeal I have to the people it's that people consider me one of them. I show the same disgust in my voice when something disgusting happens; I'm ecstatic when something good happens. I think the average fan thinks I'm doing the game the way he'd be doing it. I'm talking fan-to-fan."

His ability to talk fan-to-fan is a rarity in a field dominated by former players. Meanwhile, Caray points out, trained broadcasters struggle at small-town radio stations. "I really feel sorry for the young guy who wants and really tries to make it in broadcasting," he said. "There are so many talented young people who are working in small stations developing their style and vocabulary and their personality waiting for a chance to break into the major leagues. They're never going to get that chance, though.

"My advice to the college student who wants to become a broadcaster is to become an all-American football player or a baseball player. Get into the professional ranks, play ten years, and then they'll put you in the television booth."

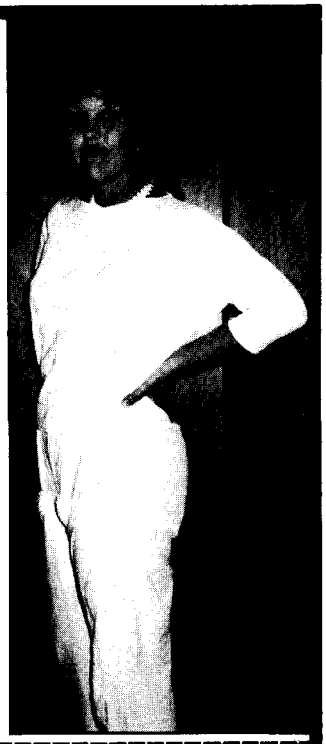
Don't get Caray wrong. He has always enjoyed working with the ex-player, including his current partner, Steve Stone—but only as long as he, not the former player, is in the spotlight. The perfect broadcasting

THE SUSAN BRADLEY STORY

Susan Bradley is normally a happy person. When she saw her pictures in 1986 at 200 pounds . . . ***she cried and became depressed***. Susan had already tried several diets. They left her starving and out of energy.

In June, 1987, Susan started eating ALLFOODTAB SNACKS. In a little over a year, she lost 80 pounds, from 200 to 120. Her doctor and nurses didn't even recognize her! With correct eating habits and ALLFOODTAB snacks, her weight has remained at 120 for over a year.

Susan's husband, Walter, lost 44 pounds, from 203 to a healthy 159. Their children also love eating the ALLFOODTAB snacks. They're proud of Susan for changing her eating habits. And when Susan sees her pictures now . . . SHE DOESN'T CRY ANYMORE!



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match-up pairs a former player who knows what's going on in the field and a broadcaster who can describe what's happening to the fan.

Caray and Stone receive good reviews for their teamwork. When Caray finishes calling a play, Stone takes over with color commentary, playing off Caray's statements. The two get along on and off camera. They are even in the restaurant business in Mesa, Arizona, the Cubs' spring training location.

Stone said he owes his success to Caray, the only partner he's ever had with the Cubs. Caray broke him into the business, both criticizing and praising his work. "The seven years we've been together have been a revelation to me," Stone said. "This man is the greatest salesman of baseball who ever lived. It's an honor to work with a Hall of Fame broadcaster, but as far as I'm concerned, he's been a Hall of Fame broadcaster since the first day I stepped in the booth with him."

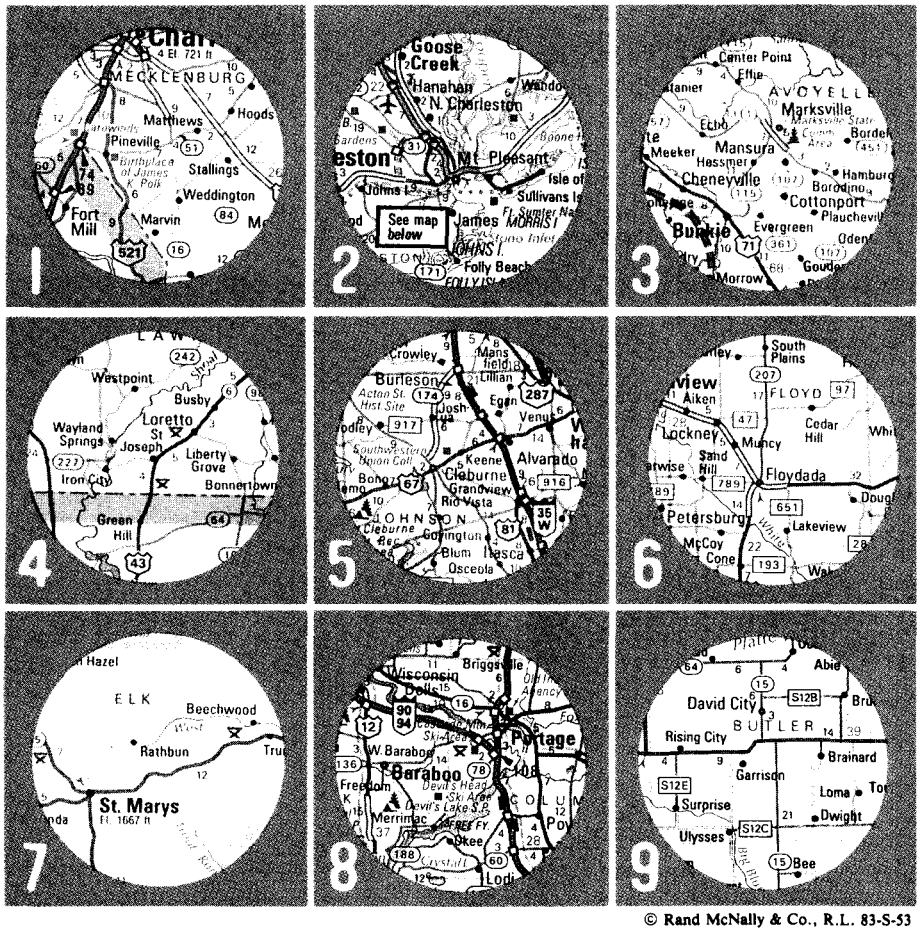
His son Skip is the TV play-by-play announcer for the Atlanta Braves. "I conned him into getting in the business. I think I did a pretty good job," Harry said.

Skip commented: "It's been a different experience being Harry Caray's son. Being his son can be an overwhelming and overpowering thing. There's going to be some people who think you're good and some who think you stink. So I don't think it really matters."

Like father, like son, like grandson. Skip's son, Chip, is working his way into the business. He will be broadcasting this fall for the NBA's Orlando Magic. "The second generation is supposed to be better than the first, and the third generation is supposed to be better than the second. I think Chip is going to be a superstar," Harry said.

Skip and Chip Caray may be up-and-coming, but Harry Caray has arrived. This is Caray's year, even if the Cubs don't make the World Series. He's a nationally recognized broadcaster on a cable network, a successful restaurateur, a Cub fan and a Bud man, and most of all, now a Hall of Famer.

Hooollllyyy Cooowww!



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 112)

Wrong Stuff

continued from page 57

until on signal the snivelers broke into that most mournful of all dirges: "Here comes the bride."

I tell you, it takes a writer with greater concentrative powers than I possess to go back to work after a soul wrencher of that magnitude.

Lastly—that'll be the day—there's our telephone answering service. Me. I can be at my desk, in the shower, or attending a turtle funeral—if the phone rings, it's automatic for my dear wife to yell, "Telephone!" I could be half a mile down the road, and she'd drive down to tell me the phone is ringing. And nine times out of ten it will be one of her quilting buddies asking me to relay the message that the Tuesday session has been canceled because Bertha can't find her needle.

One of these days when she yells, "Telephone!" I'm going to shoot from the lip and yell back, "So why don't you answer it?"

On second thought, maybe I won't. With all these interruptions reducing my output, right now I can't afford a new upper partial.

Calls It Luck

continued from page 59

"He's lost a lot of weight, which is good," says Anne-Marie Johnson, who plays his co-star Howard Rollins' (Tibbs') wife, "but whatever weight *that* man's at, he makes it felt."

O'Connor has had to kick nicotine. "It's especially hard when I'm sitting at the word processor." He made the

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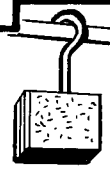

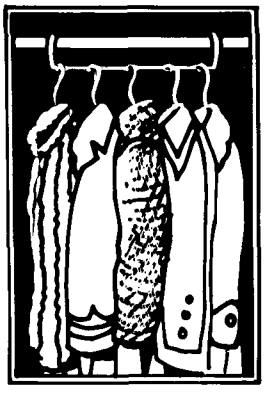

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pledge to quit when he left the hospital—"I had one pipeful for the road the night before the bypass surgery" —and he had previously supported Rollins in his bouts with alcohol and other drugs.

Since these recent health scares, O'Connor has suggested he's working on new attitudes, in both his professional life and his personal life. An ad he took out in the entertainment trade papers said he'd "found out that my one irreducible residual of 38 years in the business is the number of lasting, loving friendships I have made. . . . I look forward certainly to better health in general, and even, possibly (though I hate to make big promises) to having a pleasanter personality."

"Looking back over my career," says O'Connor, who has written stage plays and directed on Broadway, "I've been more unpleasant about the material that I've had to do as an actor than any other aspect. I've run into some S.O.B. directors, but I gave them back as good as I got. Mostly, when I've gotten cranky, it's been about the material, hack material. I was watching a TV movie, the one about the little girl saved out of the well in Texas, and the ending had a reporter sticking a mike in the face of one of the guys who helped save her. The reporter says, 'What's your name, sir?' And the guy in the hard hat says, 'Young fella, there were no names around here, just good men.' "

O'Connor cringes. "You might be tempted to say that's a good finish line, but it *wasn't* because nobody talks that way under those conditions. You could get the same effect by having it truthful. The guy gets asked the question, is surprised anybody even cares who he is, stammers a little, and says, 'Oh, uh, Ed Curtis, sir.' And then he walks away. And if it was handled right, you'd get the same effect."

On the personal front, he says, "Nancy easily could be a widow by now, one of those widows who's wondering why her husband dropped dead when there'd never been any history of heart problems. She wasn't ready to lose me; my son wasn't ready to lose me." Smiling, he says, "There *are* times when they're ready to lose me, but those are only temporary." Serious again, he adds: "So it crosses my mind every day how fortunate it turned out. I could have easily told Dr. Patton, 'No way am I going to take tomorrow afternoon off; I've got scripts piled up, the material isn't working, the tests can wait.'

"The groundwork for my departure was not laid, psychologically or practically." He snaps his fingers. "If I'd gone like *that*, it would have left all of the people I'm close to unprepared. Not that I'm supposed to be indispensable or immortal, but it wasn't time. So I keep telling myself the same thing I told you: 'Lord, I'm lucky.' "

Can you name this picture?

. . . ***contest:*** $100 to the author of the winning caption for this picture. Your entry can be from a "one-liner" up to a limerick of five lines. Send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in the next contest. 8″ x 10″ photos are preferred, along with a self-addressed, stamped envelope for return of photo if not used. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be postmarked by October 13, 1989.

Our congratulations and a check for $100 go to Dwight Boud, New Providence, New Jersey, for the winning entry in our July/August 1989 caption contest.

Faced with Miss Smith's abdication,
The boss makes a quick calculation:
Pass the work through the door,
Practice putts on the floor,
And admire your shrewd delegation.

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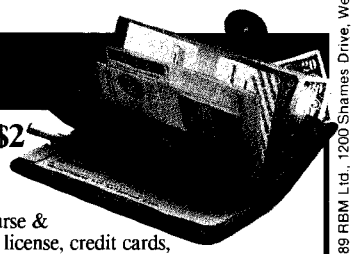

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Complex Carbohydrates

continued from page 16

Combine barley and broth in large pot. Bring to boil; reduce heat. Cover and simmer 45-50 minutes. Stir in next 11 ingredients. Season to taste. Spray 2-quart baking dish with vegetable cooking spray. Spoon barley mixture into casserole. Bake in 350° F. oven about 35 minutes.

Meat Loaf with Chives and Dill
(Makes 4-6 servings)

¾ cup Nutri-Grain Nuggets
⅓ cup buttermilk
1 cup minced onion
2 cloves garlic, pressed
⅛ teaspoon ground allspice
¼ teaspoon ground ginger
¼ teaspoon ground nutmeg
⅛ teaspoon ground white pepper
1 tablespoon fresh chopped dill
2 tablespoons snipped chives
½ pound chicken breast, no skin
¾ pound extra-lean ground beef

Preheat oven to 350° F. Spray 9″ x 5″ loaf pan with vegetable oil spray.

In large bowl mix cereal and buttermilk. Let soak 5 minutes. Add onion, garlic, allspice, ginger, nutmeg, white pepper, dill, and chives. Mix lightly with hands. Grind chicken breast in blender. Cut into ½″ pieces before placing in blender jar. Process until smooth. Add ground chicken and ground beef to cereal-spice mixture. Mix well to distribute ingredients evenly. Lightly pat into loaf pan. Bake 30 minutes. Serve hot.

Broiled Tomatoes
(Makes 4-6 servings)

½ cup nonfat plain yogurt
¼ cup crushed whole-wheat bread crumbs
1 teaspoon each *chives, parsley, and dill*
½ teaspoon garlic powder
½ teaspoon dry mustard
Salt and pepper
4 tomatoes

Preheat broiler. In small bowl, mix yogurt with remaining ingredients except tomatoes. Cut tomatoes into ½″ slices; place on broiler pan or baking sheet. Spread mixture evenly on tomato slices. Broil until topping begins to brown. Serve hot.

From Good Fat/Bad Fat: How to Lower Your Cholesterol and Beat the Odds of a Heart Attack, *by Glen C. Griffin, M.D., and William P. Castelli, M.D.,* *© 1989. Reprinted by permission of Fisher Books.*

Heads and Tails

continued from page 32

amount in different denominations."

Seniorage is the difference between the cost of producing a coin and that coin's face value. A quarter costs 2½¢ to produce. The Federal Reserve buys it at face value, and 22½¢ is credited to the treasury's account.

Historically, new coin designs have inspired even noncollectors to keep new coins as souvenirs. As those coins disappear from circulation, more must be struck. Thus, money in the government's bank.

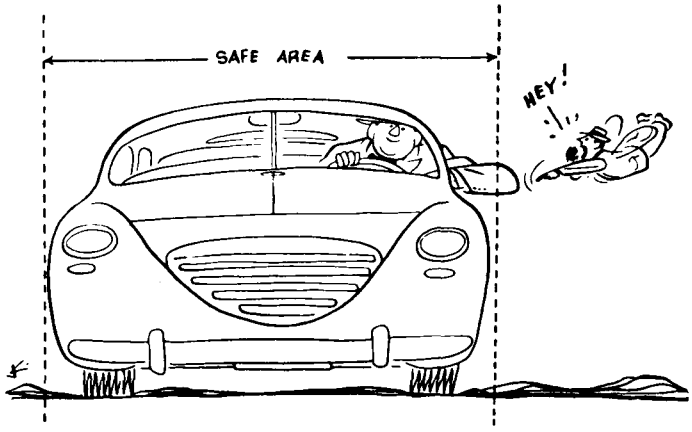
In addition, when new coins come out, collectors scramble to buy proof sets and uncirculated sets, also to the government's financial benefit.

And finally, new designs often generate new interest in coins—and new collectors who pull even more coins out of circulation.

If this bill passes, the law states that the first new coin will have to be struck within a year. Artists will compete for the job of redesigning. (It has not yet been determined if one artist or several will design the coins.) A new coin will be struck every year for the next six years.

The quarter will probably be the first changed, and it will be redesigned twice—once with a design commemorating the bicentennial of the Constitution and a second time with the Bill of Rights theme.

The old coins won't be pulled from circulation. They'll die a natural death, being traded in by



You be the Judge

by Charles C. Collins

A motorist was happily tooling along the highway. His car was comparatively new—one of those jobs with little or no running board. As is the custom with many motorists, he was driving with his left elbow jutting out of the window.

From the opposite direction, a couple of trucks approached. The rear truck started to pull out as though to pass, but when the truck driver saw the automobile approaching, he pulled back to his own side of the road. However, the trailer he was hauling swung out and struck the car a glancing blow. It caused only a slight dent in the fender but almost ruined the motorist's elbow.

The motorist sued for damages, claiming that the trucker, by letting his trailer swing to the wrong side of the road, was responsible for the accident. The truck driver objected, contending that, while he might possibly be responsible for the dented fender, he couldn't be blamed for the crushed elbow, which wouldn't have been injured if it had been inside the car where it belonged.

If you were the judge, would you rule in favor of the motorist or the trucker?

The trucker won this case. The court held that the motorist, in letting his elbow protrude from the car at a time when he was passing a couple of trucks on the highway, was guilty of negligence—that is, he contributed to causing the accident and therefore couldn't collect. Shortly after this decision was handed down, it was made the theme of a safety slogan in a national school-safety-patrol parade:

Don't stick your elbow out too far—
Or it may go home in another car!

(See: Pool v. Gilbert et al. *Texas Court of Civil Appeals. No. 11,671—January 29, 1947.)*

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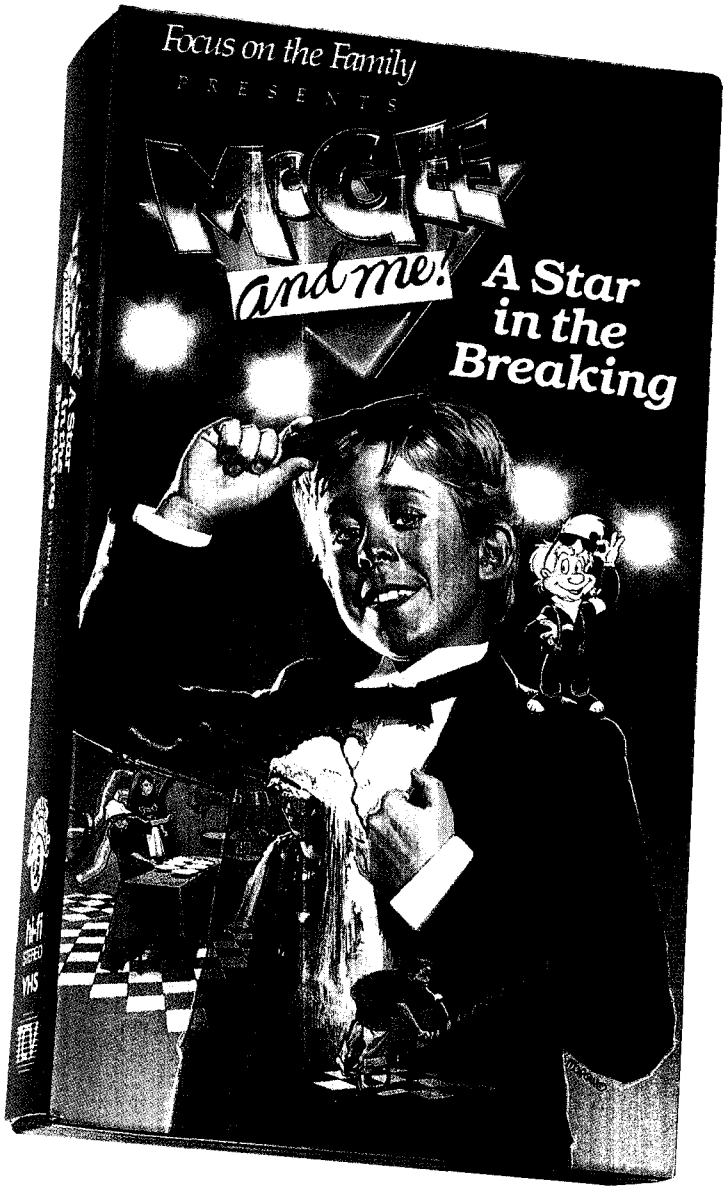

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banks when they wear out, or disappearing through attrition—which translates loosely into disappearing under beds, between the floorboards, and into coin jars.

A change for our change? It could happen. Wolf is confident. "We're gonna do it," she says.

Congress is in recess as the SEP *goes to press. When the session resumes in September, the House will begin considering the coin legislation, which was passed by the Senate on June 23.*

Medical Mailbox

continued from page 101

description of a complex condition gives you some additional understanding.

Nailing Down a Solution

Dear Dr. SerVaas:

I believe this information will be helpful to Wanda Williams, whose nail problems sound similar to mine. My nails were healthy and strong till I began taking thyroid medication at age 68. Numerous dermatologists had no answers for me.

I am now 74 and enjoying healthy, strong nails, thanks to a health food store clerk's suggestion that I try one teaspoon daily of processed linseed oil. To me it was a miracle cure, and after a month I detected a change in my nails.

Linseed oil capsules may be used also—two daily. A friend, who can't tolerate the oily taste, rubs the oil on her nails. She has benefited from that, although with slower results.

An added note: the less expensive linseed oil (I buy Hains) is more palatable than some of the expensive ones.

Lillian Olson
Scottsdale, Arizona

What an interesting case history you give us. We'll send copies of your letter to some of our dermatologist friends who are often receptive to trying out remedies for such problems. We hope that investigations prove linseed oil is a safe and inexpensive way to treat the troublesome problem of scaling nails.

Dear Dr. SerVaas:

I would like to express my appreciation to all of you at *The Saturday Evening Post*, first for publishing my letter concerning my problem fingernails and then for the comprehensible diagnosis. Then I wish to thank you for forwarding letters from your readers and also to thank the kind ones who wrote me direct.

The first three writers who gave their experience said what cured the condition for them was to quit using fingernail polish. Since this was such a simple solution, I tried that first, and I am happy to report that my nails have grown out. I have actually *trimmed* them, and I have no more splitting and peeling problems.

Thanks again to everyone.

Myra VanderWal
Dowling Park, Florida

Thank you for sending in your kind letter keeping us appraised of your progress. It is from people like you that we learn of important health concerns and helpful treatments.

The Perfect Squelch

Summoned to school for a "teacher consultation," the anxious father of a ten-year-old was asked whether he himself had any questions. "Why, yes," he said. "Can you tell me why my son can't read? At his age, I enjoyed reading."

The teacher, a strongly opinionated miss, launched into a long explanation filled with pedagogical jargon. "It's simply that you don't understand our modern methods," she concluded. "And please don't try to teach him yourself. If you will refrain from interfering, your son will go successfully through this school and receive his diploma."

"Certainly," the father said meekly. "And I'll try to remember to read his diploma to him."

—Winston Johnson

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WHERE DO YOU THINK YOU ARE?

(Answers from page 106)

(Theme: persons of the Bible)

1. Matthews, N.C.
2. James I., S.C.
3. Marksville, La.
4. St. Joseph, Tenn.
5. Joshua, Texas
6. Petersburg, Texas
7. St. Marys, Pa.
8. Devil's Lake State Park, Wis.
9. David City, Neb.

WHERE IN THE WORLD?

(Answers from page 104)

A. The Voortrekker Monument, in Pretoria, South Africa, honors those blacks and whites who defeated the Zulu at the Battle of Blood River on December 16, 1838. Every December 16, at noon, sunlight hits the inscription, which reads in Afrikaans, "We belong to you, South Africa."

B. The Anaheim Area Visitor & Convention Bureau, in Anaheim, California, is the largest one of its kind on the West Coast. In 1988, more than one million delegates met in the 685,000-square-foot center, which is currently undergoing expansion to increase the center by 300,000 square feet.

C. Muslims are instructed by the Koran to make the pilgrimage to the Ka'ba, in Mecca, Saudi Arabia, at least one time in their lives. Five times each day, the devout direct their prayers toward this spot, which they believe is the most sacred on earth.

D. The "Magnificent Mile" on Michigan Avenue, in Chicago, Illinois, is best known as a shopping district, but notable buildings line its blocks as well. At the south end are the Wrigley Building and the Tribune Tower.

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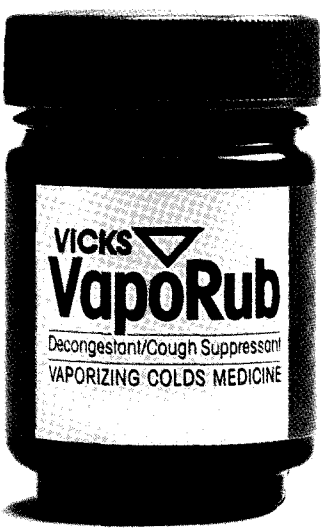

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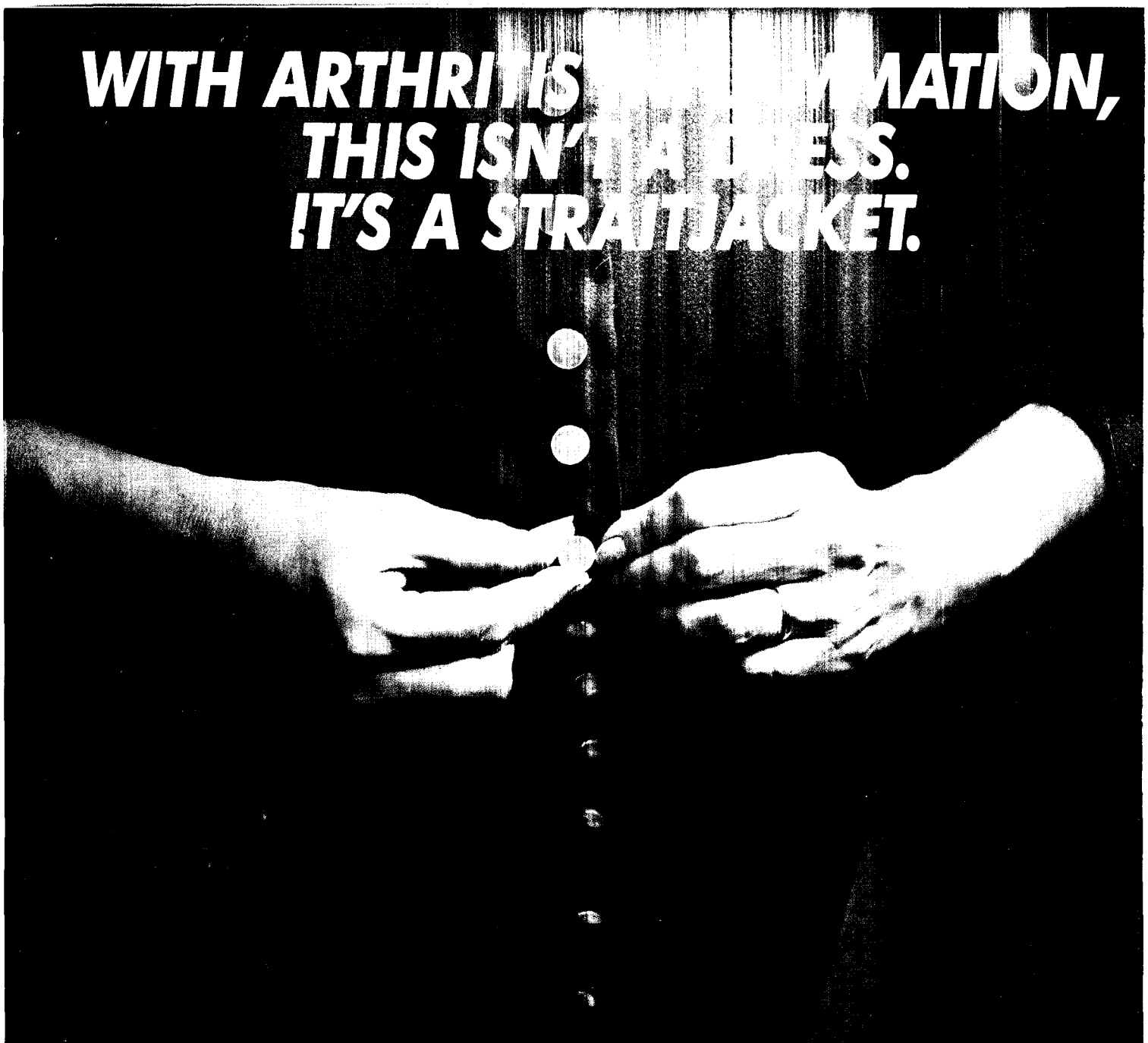

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